USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Lysine (g)

Food Subset: Abridged List Ordered by: Nutrient Content Measured by: Household Report Run at: June 17, 2016 03:21 EDT

| NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--------|---|-----------|---|--------------------------|
| 15225 | Fish, yellowtail, mixed species, cooked, dry heat | 146.0 | 0.5 fillet | 3.979 |
| 10011 | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted | 135.0 | 1.0 cup, diced | 3.571 |
| 01035 | Cheese, provolone | 132.0 | 1.0 cup, diced | 3.493 |
| 01044 | Cheese, pasteurized process, swiss | 140.0 | 1.0 cup, diced | 3.436 |
| 05044 | Chicken, broilers or fryers, dark meat, meat only, cooked, fried | 140.0 | 1.0 cup | 3.417 |
| 01040 | Cheese, swiss | 132.0 | 1.0 cup, diced | 3.412 |
| 05190 | Turkey, all classes, back, meat and skin, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 3.298 |
| 16040 | Beans, pink, mature seeds, raw | 210.0 | 1.0 cup | 3.020 |
| 10986 | Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled | 122.0 | 1.0 rack | 3.020 |
| 16001 | Beans, adzuki, mature seeds, raw | 197.0 | 1.0 cup | 2.949 |
| 05070 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 2.915 |
| 23260 | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 2.878 |
| 16014 | Beans, black, mature seeds, raw | 194.0 | 1.0 cup | 2.877 |
| 01030 | Cheese, muenster | 132.0 | 1.0 cup, diced | 2.823 |
| 10071 | Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted | 135.0 | 1.0 cup, diced | 2.796 |
| 10992 | Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled | 122.0 | 1.0 rack | 2.776 |
| 15189 | Fish, bluefish, cooked, dry heat | 117.0 | 1.0 fillet | 2.761 |
| 15005 | Fish, bluefish, raw | 150.0 | 1.0 fillet | 2.760 |
| 10927 | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted | 145.0 | 1.0 slice | 2.713 |
| 17333 | Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised | 85.0 | 1.0 serving (3 oz) | 2.664 |
| 13959 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 2.658 |
| 13968 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 2.642 |
| 17348 | Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled | 102.0 | 1.0 steak (yield from 134.9 g raw meat) | 2.639 |
| 13899 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 85.0 | 3.0 oz | 2.446 |
| 13923 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 149.0 | 1.0 steak (yield from 1 raw steak weighing149g) | 2.439 |
| 13950 | Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 2.413 |
| 13228 | Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered | 85.0 | 3.0 oz | 2.382 |
| 17336 | Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled | 85.0 | 1.0 serving (3 oz) | 2.380 |

| 1935 Gime ment, bison, ribeye, separable lean only, 1" steak, cooked, broiled 850 30 or grilled paties 2.324 1932 Lumb, Australian, imported, fresh, shoulder, arm, separable lean only, 1" steak, cooked, broiled 850 1.0 serving (3 or) 1932 Gare ment, bison, top sirloin, separable lean only, 1" steak, cooked, broiled 850 1.0 serving (3 or) 1932 Seef, cound, top cound, steak, separable lean only, 1" steak, cooked, broiled 850 3.0 or 2.211 1932 Seef, cound, top cound, steak, separable lean and fat, triumed to 18" fin, prime, cooked, broiled 850 3.0 or 2.210 1936 Seef, cound, top cound, steak, separable lean and fat, triumed to 18" fin, prime, cooked, broiled 850 3.0 or 2.200 1937 Veal, shark (fore and binds, separable lean and fat, cooked, broised 850 3.0 or 2.200 1939 Seef, clock, short (fore and binds, separable lean only, triumed to 0" fat, choice, cooked, broised 850 3.0 or 2.200 1930 Seef, clock, short (fore, bordeess, separable lean only, triumed to 0" fat, choice, cooked, broiled 850 3.0 or 2.200 1930 Seef, clock, short (fore, bordeess, separable lean only triumed to 18" fat, choice, cooked, broiled 850 3.0 or 2.201 2.202 Fain, ma, skipjeck, firsh, cooked, by best 3.0 or 2.203 Choese, pamesan, grant (rosas), home-ins, separable lean only, triumed to 18" fat, choice, cooked, broiled 850 3.0 or 2.204 Choese, pamesan, grant (rosas), home-ins, separable lean only, triumed to 18" fat, choice, cooked, broiled 850 3.0 or 2.201 Seef, fresh, choice, separable lean only, triumed to 18" fat, choice, cooked, broiled 850 3.0 or 2.202 Seef, fresh, choice, separable lean only, triumed to 18" fat, choice, cooked, broiled 850 3.0 or 2.203 Seef, fresh, fresh, choice, separable lean only, triumed to 18" fat, choice, cooked, broiled 850 3.0 or 2.204 Seef, fresh, fresh, cooked, separable lean only, triumed to 18" fat, choice, cooked, broi | NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--|--------|--|-----------|--|--------------------------|
| Lamb. Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 18" fat, cooked, broiled sea only, 1" steak, cooked, broiled sea only, 18" steak, 18" 18" s | 17335 | Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled | 85.0 | 1.0 serving (3 oz) | 2.322 |
| 1932 Game meat, bison, top sirioin, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 oz) 2.213 1390 Beef, round, top round, steak, separable lean and fat, trimmed to 13° fat, prince, cooked, broiled 85.0 3.0 oz 2.211 1726 Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 13° fat, prince, cooked, broiled 85.0 3.0 oz 2.200 1727 Veal, shank (fire and hind), separable lean and fat, cooked, braised 85.0 3.0 oz 2.200 1727 Veal, shank (fire and hind), separable lean only, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 2.200 1728 Fish, tuna, skirjack, fresh, cooked, dy heat 85.0 1.0 party 2.208 1720 Fish, tuna, skirjack, fresh, cooked, dy heat 85.0 3.0 oz 3.0 oz 2.200 1720 Chesses, paramesan, grated 85.0 3.0 oz 3.0 oz 2.200 1721 Chesses, paramesan, grated 85.0 3.0 oz 3.0 oz 2.200 1722 Chesses, paramesan, grated 85.0 3.0 oz 3.0 oz 2.200 1723 Fish, tuna, skirjack, fresh, cooked, dy heat 85.0 3.0 oz 3.0 oz 2.103 1724 Sank, former, separable lean only, trimmed to 15° fat, choice, cocked, braised 85.0 3.0 oz 3.0 oz 2.103 1724 Fish, kina, center rib (transb), bone-in, separable lean only, cocked, braised 85.0 3.0 oz 3.0 oz 2.174 1724 Game meat, elk, round, separable lean only, cocked, rounded 85.0 3.0 oz 3.0 oz 2.174 1724 Game meat, elk, round, separable lean only, trimmed to 16° fat, choice, cocked, braised 85.0 3.0 oz 3.0 oz 2.145 1725 Veal, breast, whole, bronders, separable lean only, cocked, rounded 85.0 3.0 oz 3.0 oz 2.145 1725 Veal, breast, whole, bronders, separable lean only, cocked, rounded 85.0 3.0 oz 3.0 oz 2.145 1725 Veal, breast, whole, bronders, separable lean only, cocked, rounded 85.0 3.0 oz 3.0 oz 2.000 1726 Fish, tulino, rooth, wild, crocked, mois beat 1.0 party (sied from 1b ready-to | 10976 | Pork, ground, 96% lean / 4% fat, cooked, crumbles | 85.0 | 3.0 oz grilled patties | 2.234 |
| 1902 Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled 85.0 3.0 oz 2.209 | 17323 | | 85.0 | 3.0 oz | 2.230 |
| Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 18° fat, cooked, braised | 17332 | Game meat, bison, top sirloin, separable lean only, 1" steak, cooked, broiled | 85.0 | 1.0 serving (3 oz) | 2.213 |
| 17277 Veal, shank (fore and hind), separable lean and fat, cooked, braised 85.0 3.0 oz 2.209 17277 Veal, shank (fore and hind), separable lean and fat, cooked, braised 85.0 3.0 oz 2.206 18566 Ground turkey, fat frice, parties, broiled 85.0 3.0 oz 2.206 18520 Fish, tuna, skipjack, fresh, cooked, dry heat 85.0 3.0 oz 2.202 18280 Beef, round, top pround, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 85.0 3.0 oz 2.202 18286 Beef, round, top pround, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 85.0 3.0 oz 2.179 18385 Beef, round, top pround, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 85.0 3.0 oz 2.179 18455 Reef, top skirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 oz 2.171 18741 Game meat, ells, round, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 oz 2.171 18742 Land, domestic, shoulder, bales, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 oz 2.171 18743 Game meat, ells, round, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 oz 2.174 18744 Game meat, ells, round, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 oz 2.146 18755 Reef, fibeye petitic roast/filet, boneless, separable lean only, cooked, troasted 85.0 3.0 oz 2.146 18756 Rich, shanon, coho, wild, cooked, moist beat 85.0 3.0 oz 2.136 18757 Veal, breast, whole, boneless, separable lean only, cromed, for fat, select, raw 85.0 3.0 oz 2.100 18766 Reef, fibeye petitic roast/filet, boneless, separable lean only, cromed 85.0 3.0 oz 2.000 18767 Reef, fesh, loin, inclination (roasts), boneless, separable lean only, trimmed to 1/8 oz 2.000 18767 Reef, fesh, loin, proiler, fresh, fric hori, price horis choice, cooked, bro | 13902 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 85.0 | 3.0 oz | 2.211 |
| 13980 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 2.206 | 17265 | | 85.0 | 3.0 oz | 2.209 |
| 1520 Fish, tuna, skipjack, fresh, cooked, dry heat 850 3.0 co 2.020 1522 Cheese, parmesan, grated 1000 1.0 cup 2.201 13896 Beef, round, torp ound, seak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 85.0 3.0 co 2.193 10051 Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, crooked, roasted 85.0 3.0 co 2.176 13455 Beef, round, torp osition, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 85.0 3.0 co 2.176 13455 Beef, top sirioin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 co 2.176 17251 Lamb, domestic, shoulder, blade, separable lean only, cooked, troasted 85.0 3.0 co 2.171 17341 Came meat, ell., round, separable lean only, cooked, troasted 85.0 1.0 serving (3 co 2.148 10069 Pork, fresh, loin, top loin (roasts), bone-less, separable lean only, cooked, troasted 85.0 3.0 co 2.145 15082 Fish, salmon, coho, wild, cooked, moist heat 85.0 3.0 co 2.145 15082 Fish, salmon, coho, wild, cooked, moist heat 85.0 3.0 co 2.125 10184 Cheese spread, pasteurized process, American 85.0 3.0 co 2.125 10185 Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 co 2.125 15081 Fish, talmon, coho, wild, cooked, moist heat 85.0 3.0 co 2.125 10186 Cheese spread, pasteurized process, American 140.0 1.0 unit (yield from 1 lb ready-to-cock chicken 2.007 17316 Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 18.0 1.0 unit (yield from 1 lb ready-to-cock chicken 2.007 17316 Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 18.0 1.0 unit (yield from 10.1 graw meat 1.0 unit (yi | 17277 | Veal, shank (fore and hind), separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 2.209 |
| Fish. tum. skipjack, fresh, cooked, dry heat | 13980 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 2.206 |
| Cheese, parmesan, grated 100.0 1.0 cup 2.201 13896 Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 85.0 3.0 oz 2.173 13455 Beef, top sirion, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 85.0 3.0 oz 2.175 13455 Beef, top sirion, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled 85.0 3.0 oz 2.176 17251 Lamb, domostic, shoulder, blade, separable lean only, cooked, tosted 85.0 3.0 oz 2.171 17341 Game meat, elk, round, separable lean only, cooked, tosted 85.0 1.0 serving (3 oz) 2.148 10069 Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted 85.0 3.0 oz 2.146 23265 Beef, ribey petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 2.136 17275 Veal, breast, whole, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 2.136 17275 Veal, breast, whole, boneless, separable lean only, cooked, braised 85.0 3.0 oz 2.136 17275 Veal, breast, whole, boneless, separable lean only, cooked, traised 85.0 3.0 oz 2.136 17275 Veal, breast, whole, boneless, separable lean only, cooked, traised 85.0 3.0 oz 2.136 17275 Veal, breast, whole, boneless, separable lean only, cooked, traised 85.0 3.0 oz 2.100 17276 Fish, tilapia, raw 116.0 1.0 cup, diced 2.110 17286 Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed 1100 1.0 unit (yield from 1 lb ready-to-cook chicken) 2.097 17316 Lamb, Australian, imported, fresh, rib chop'rack roast, frenched, bone-in, separable lean only, trimmed to 1.40 | 05664 | Ground turkey, fat free, patties, broiled | 85.0 | 1.0 patty | 2.205 |
| 1896 Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 85.0 3.0 oz 2.179 | 15220 | Fish, tuna, skipjack, fresh, cooked, dry heat | 85.0 | 3.0 oz | 2.202 |
| 10051 Pork, fresh, Ioin, center rib (roasts), bone-in, separable lean only, cooked, roasted 85.0 3.0 oz 2.178 17251 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 85.0 3.0 oz 2.171 17341 Game meat, elk, round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 85.0 1.0 serving (3 oz) 17341 Game meat, elk, round, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 17341 Game meat, elk, round, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 17342 Pork, fresh, Ioin, top loin (roasts), boneless, separable lean only, cooked, roasted 85.0 3.0 oz 2.145 18082 Fish, salmon, coho, wild, cooked, moist heat 85.0 3.0 oz 2.136 17275 Veal, breast, whole, boneless, separable lean only, cooked, braised 85.0 3.0 oz 2.123 10148 Cheese spread, pasteurized process, American 140.0 1.0 cup, diced 2.110 1055 Pork, fresh, Ioin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 2.100 15261 Fish, tilapia, raw 116.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 2.007 17316 Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw 114.0 4.0 oz 2.003 18067 Beef, chuck, top blade, separable lean and fat, cooked, broiled 85.0 3.0 oz 2.087 18078 Beef, chuck, top blade, separable lean and fat, cooked, broiled 85.0 3.0 oz 2.087 18079 Beef, chuck, top blade, separable lean and fat, cooked, broiled 85.0 3.0 oz 2.007 17339 Game ent, elk, ground, cooked, proiled 85.0 3.0 oz 2.007 17339 Game ent, elk, ground, cooked, proiled 85.0 1.0 patty (yield from 104.1 g raw meat) 2.007 17380 Lamb, Australian, imported, grass-fed, loin, underloin steal/roast, boneless, separable lean and fat, rooked, braised 85.0 3.0 oz 2.065 18080 Chound turkey, 93% lean, 7% f | 01032 | Cheese, parmesan, grated | 100.0 | 1.0 cup | 2.201 |
| 13455 Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 2.176 17251 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 oz 2.171 17341 Game meat, elk, round, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 2.148 10069 Pork, fresh, loin, top loin (roasts), boncless, separable lean only, cooked, roasted 85.0 3.0 oz 2.145 12326 Beef, ribeye petitic roast/filet, boncless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 2.145 15082 Fish, salmon, coho, wild, cooked, moist heat 85.0 3.0 oz 2.136 17275 Veal, breast, whole, boncless, separable lean only, cooked, braised 85.0 3.0 oz 2.123 10148 Cheese spread, pasteurized process, American 140.0 1.0 cup, diced 2.110 10555 Pork, fresh, loin, sirioin (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 2.100 15261 Fish, tilapia, raw 116.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 15261 Fish, tilapia, raw 116.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 17316 Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw 114.0 4.0 oz 2.097 17326 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz 2.079 17327 Game meat, elk, ground, cooked, pan-broiled 85.0 3.0 oz 2.071 17328 Lamb, Australian, imported, grass-fed, loin, tenderloin steak/roast, boncless, separable lean and fat, rooked, braised 85.0 3.0 oz 2.067 17289 Lamb, Australian, imported, grass-fed, loin, tenderloin steak/roast, boncless, separable lean and fat, cooked, braised 85.0 3.0 oz 2.067 17280 Lamb, Australian, imported, grass-fed, loin, tenderloin steak/roast, boncless, separable lean and fat, cooked, braised 85.0 3.0 oz 2.067 17280 Lamb, | 13896 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 2.193 |
| 17251 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised 85.0 3.0 oz 2.171 17341 Game meat, elk, round, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 2.148 10069 Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted 85.0 3.0 oz 2.146 23265 Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 2.136 15082 Fish, salmon, coho, wild, cooked, moist heat 85.0 3.0 oz 2.136 15082 Fish, salmon, coho, wild, cooked, moist heat 85.0 3.0 oz 2.136 15082 Cheses spread, pasteurized process, American 140.0 1.0 cup, diced 2.110 10055 Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 2.100 15261 Fish, tilapia, raw 116.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 2.097 17316 Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw 114.0 4.0 oz 2.087 10022 Pork, fresh, loin, whole, separable lean and fat, cooked, broiled 85.0 3.0 oz 2.079 15124 Fish, tuna, white, canned in oil, drained solids 85.0 3.0 oz 2.079 15124 Fish, tuna, white, canned in oil, drained solids 85.0 3.0 oz 2.079 15124 Fish, tuna, white, canned in oil, drained solids 85.0 3.0 oz 2.071 1528 Lamb, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 2.067 17380 Game meat, elk, ground, cooked, pan-broiled 85.0 1.0 patty (yield from 104.1 g raw meat) 2.067 17289 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised 85.0 3.0 oz 2.065 10000000000000000000000000000000000 | 10051 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 2.179 |
| 17341 Game meat, elk, round, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 2.148 10069 Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted 85.0 3.0 oz 2.146 23265 Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 2.145 15082 Fish, salmon, coho, wild, cooked, moist heat 85.0 3.0 oz 2.136 17275 Veal, breast, whole, boneless, separable lean only, cooked, braised 85.0 3.0 oz 2.123 10148 Cheese spread, pasteurized process, American 140.0 1.0 cup, diced 2.110 10055 Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 2.100 15261 Fish, tilapia, raw 116.0 1.0 fillet 2.100 10538 Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed 110.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 2.097 17316 Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 114.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 2.093 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz 2.079 15124 Fish, tuna, white, canned in oil, drained solids 85.0 3.0 oz 2.071 15124 Fish, tuna, white, canned in oil, drained solids 85.0 3.0 oz 2.071 15239 Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 2.067 17289 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised 85.0 3.0 oz 2.067 17280 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised 85.0 3.0 oz 2.067 17280 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised 85.0 3.0 oz 2.067 17280 Lamb, Australian, importe | 13455 | Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 2.176 |
| 10069 Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted 85.0 3.0 oz 2.145 23265 Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 2.145 15082 Fish, salmon, coho, wild, cooked, moist heat 85.0 3.0 oz 2.136 17275 Veal, breast, whole, boneless, separable lean only, cooked, braised 85.0 3.0 oz 2.123 10148 Cheese spread, pasteurized process, American 140.0 1.0 cup, diced 2.110 10055 Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 2.100 15261 Fish, tilapia, raw 116.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 10538 Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed 110.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 17316 Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw 114.0 4.0 oz 2.093 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz 2.087 10022 Pork, fresh, loin, whole, separable lean and fat, cooked, broiled 85.0 3.0 oz 2.079 15124 Fish, tuna, white, canned in oil, drained solids 85.0 3.0 oz 2.071 17339 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 2.067 17289 Lamb, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 2.067 17289 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised 85.0 3.0 oz 2.065 100566 Ground turkey, 93% lean, 7% fat, pan-broiled crumbles 85.0 3.0 oz 2.065 10057 10058 | 17251 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0 | 3.0 oz | 2.171 |
| 23265 Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 2.145 15082 Fish, salmon, coho, wild, cooked, moist heat 85.0 3.0 oz 2.136 17275 Veal, breast, whole, boneless, separable lean only, cooked, braised 85.0 3.0 oz 2.123 1048 Cheese spread, pasteurized process, American 140.0 1.0 cup, diced 2.110 10055 Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 2.100 15261 Fish, tilapia, raw 116.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 10538 Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed 110.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 17316 Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 114.0 4.0 oz 2.093 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz 2.087 10022 Pork, fresh, loin, whole, separable lean and fat, cooked, broiled 85.0 3.0 oz 2.079 15124 Fish, tuna, white, canned in oil, drained solids 85.0 3.0 oz 2.071 17339 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 2.067 17289 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised 85.0 3.0 oz 2.065 105666 Ground turkey, 93% lean, 7% fat, pan-broiled crumbles 85.0 3.0 oz 2.065 105666 Ground turkey, 93% lean, 7% fat, pan-broiled crumbles 85.0 3.0 oz 2.061 1057 1058 105 | 17341 | Game meat, elk, round, separable lean only, cooked, broiled | 85.0 | 1.0 serving (3 oz) | 2.148 |
| Fish, salmon, coho, wild, cooked, moist heat 17275 Veal, breast, whole, boneless, separable lean only, cooked, braised 17275 Veal, breast, whole, boneless, separable lean only, cooked, braised 17275 Veal, breast, whole, boneless, separable lean only, cooked, braised 17275 Veal, breast, whole, boneless, separable lean only, cooked, braised 17275 Veal, breast, whole, boneless, separable lean only, cooked, braised 17275 Veal, breast, whole, boneless, separable lean only, cooked, broiled 17276 Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted 17276 Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, trimmed to 110.0 In.0 unit (yield from 1 lb ready-to-cook chicken) 17276 Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 114.0 In.0 unit (yield from 1 lb ready-to-cook chicken) 17277 Pork, fresh, loin, whole, separable lean only, trimmed to 0" fat, select, cooked, broiled 17287 Pork, fresh, loin, whole, separable lean and fat, cooked, broiled 17288 Lamb, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw 17289 Lamb, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw 17289 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised 17280 Ground turkey, 93% lean, 7% fat, pan-broiled crumbles 17290 School Sch | 10069 | Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 2.146 |
| 17275 Veal, breast, whole, boneless, separable lean only, cooked, braised 85.0 3.0 oz 2.123 10148 Cheese spread, pasteurized process, American 140.0 1.0 cup, diced 2.110 10055 Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 2.100 15261 Fish, tilapia, raw 116.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 2.097 17316 Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw 114.0 4.0 oz 2.093 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz 2.079 15124 Fish, tuna, white, canned in oil, drained solids 85.0 3.0 oz 2.079 17339 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 2.067 23302 Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 2.067 17289 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised 85.0 | 23265 | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 2.145 |
| Cheese spread, pasteurized process, American 140.0 1.0 cup, diced 2.110 10055 Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 2.100 15261 Fish, tilapia, raw 116.0 Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed 110.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.8 fat, raw 114.0 Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8 fat, raw 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz 2.087 10022 Pork, fresh, loin, whole, separable lean and fat, cooked, broiled 85.0 3.0 oz 2.079 15124 Fish, tuna, white, canned in oil, drained solids 85.0 Game meat, elk, ground, cooked, pan-broiled 2302 Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 2.067 17289 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised 85.0 3.0 oz 2.065 670und turkey, 93% lean, 7% fat, pan-broiled crumbles | 15082 | Fish, salmon, coho, wild, cooked, moist heat | 85.0 | 3.0 oz | 2.136 |
| 10055 Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 2.100 15261 Fish, tilapia, raw 116.0 1.0 tillet 2.100 05038 Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed 110.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 2.097 17316 Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw 114.0 4.0 oz 2.093 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz 2.087 10022 Pork, fresh, loin, whole, separable lean and fat, cooked, broiled 85.0 3.0 oz 2.079 15124 Fish, tuna, white, canned in oil, drained solids 85.0 3.0 oz 2.071 17339 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 2.067 23302 Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 2.067 17289 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised | 17275 | Veal, breast, whole, boneless, separable lean only, cooked, braised | 85.0 | 3.0 oz | 2.123 |
| Fish, tilapia, raw Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz 2.097 10022 Pork, fresh, loin, whole, separable lean and fat, cooked, broiled 85.0 3.0 oz 2.079 15124 Fish, tuna, white, canned in oil, drained solids 85.0 3.0 oz 2.071 17339 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 2.067 23302 Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 2.067 17289 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised 6 Ground turkey, 93% lean, 7% fat, pan-broiled crumbles 8 5.0 3.0 oz 2.061 | 01048 | Cheese spread, pasteurized process, American | 140.0 | 1.0 cup, diced | 2.110 |
| Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 Pork, fresh, loin, whole, separable lean and fat, cooked, broiled 85.0 3.0 oz 2.079 15124 Fish, tuna, white, canned in oil, drained solids 85.0 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 2.067 23302 Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 2.067 17289 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised 85.0 3.0 oz 2.065 67cound turkey, 93% lean, 7% fat, pan-broiled crumbles | 10055 | Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 2.100 |
| Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz 2.087 10022 Pork, fresh, loin, whole, separable lean and fat, cooked, broiled 85.0 3.0 oz 2.079 15124 Fish, tuna, white, canned in oil, drained solids 85.0 3.0 oz 2.071 17339 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 2.067 23302 Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 2.067 17289 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised 85.0 3.0 oz 2.065 67cound turkey, 93% lean, 7% fat, pan-broiled crumbles | 15261 | Fish, tilapia, raw | 116.0 | 1.0 fillet | 2.100 |
| 17316 1/8" fat, raw 114.0 4.0 oz 2.093 13967 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz 2.087 10022 Pork, fresh, loin, whole, separable lean and fat, cooked, broiled 85.0 3.0 oz 2.079 15124 Fish, tuna, white, canned in oil, drained solids 85.0 3.0 oz 2.071 17339 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 2.067 23302 Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 2.067 17289 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised 6 Ground turkey, 93% lean, 7% fat, pan-broiled crumbles 85.0 3.0 oz 2.065 | 05038 | Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed | 110.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 2.097 |
| Pork, fresh, loin, whole, separable lean and fat, cooked, broiled 85.0 3.0 oz 2.079 Fish, tuna, white, canned in oil, drained solids 85.0 3.0 oz 2.071 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 2.067 23302 Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 2.067 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised 6 Ground turkey, 93% lean, 7% fat, pan-broiled crumbles 85.0 3.0 oz 2.065 | 17316 | | 114.0 | 4.0 oz | 2.093 |
| Fish, tuna, white, canned in oil, drained solids Same meat, elk, ground, cooked, pan-broiled Game meat, elk, ground, cooked, pan-broiled Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised Ground turkey, 93% lean, 7% fat, pan-broiled crumbles Same meat, elk, ground, cooked, pan-broiled from 104.1 g raw meat) 2.067 2.067 3.0 oz 2.065 Ground turkey, 93% lean, 7% fat, pan-broiled crumbles | 13967 | Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 2.087 |
| Game meat, elk, ground, cooked, pan-broiled Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised Ground turkey, 93% lean, 7% fat, pan-broiled crumbles 1.0 patty (yield from 104.1 g raw meat) 2.067 2.067 3.0 oz 2.065 | 10022 | Pork, fresh, loin, whole, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 2.079 |
| Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 2.067 17289 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised 85.0 3.0 oz 2.065 Ground turkey, 93% lean, 7% fat, pan-broiled crumbles 85.0 3.0 oz 2.061 | 15124 | Fish, tuna, white, canned in oil, drained solids | 85.0 | 3.0 oz | 2.071 |
| Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised Solution 17289 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised Ground turkey, 93% lean, 7% fat, pan-broiled crumbles Solution 2.065 | 17339 | Game meat, elk, ground, cooked, pan-broiled | 95.0 | 1.0 patty (yield from 104.1 g raw meat) | 2.067 |
| 05666 Ground turkey, 93% lean, 7% fat, pan-broiled crumbles 85.0 3.0 oz 2.061 | 23302 | Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw | 114.0 | 4.0 oz | 2.067 |
| | 17289 | Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 2.065 |
| 10973 Pork, ground, 96% lean / 4% fat, raw 113.0 4.0 oz 2.051 | 05666 | Ground turkey, 93% lean, 7% fat, pan-broiled crumbles | 85.0 | 3.0 oz | 2.061 |
| | 10973 | Pork, ground, 96% lean / 4% fat, raw | 113.0 | 4.0 oz | 2.051 |

| Part Care | NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--|--------|--|-----------|---|--------------------------|
| 10086 Pork, fresh, shoulder, blade, boston (steals), separable lean only, croined 18° fat, cooked, social and standard | 17293 | | 85.0 | 3.0 oz | 2.050 |
| 19297 Lamb, Australian, imported, fresh, leg. shank half, separable lean only, trimmed to 1/8" fat, cooked, broiled 85.0 3.0 m 2.0 m | 15190 | Fish, burbot, cooked, dry heat | 90.0 | 1.0 fillet | 2.047 |
| 1954 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, broiled 85.0 3.0 no 2.037 1964 Rosef, short binin, portschouse steak, separable lean and fat, with added solution, cooked, broiled 85.0 3.0 no 2.038 1967 Cheese, rescitant, queso chibushua 1902 100 cup, diced 2.028 1972 Lamb, New Zealand, imported, frozen, foreschank, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 85.0 3.0 no 2.025 1972 Lamb, New Zealand, imported, frozen, foreschank, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 85.0 3.0 no 2.025 1972 Lamb, New Zealand, imported, frozen, foreschank, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 85.0 3.0 no 2.015 1973 Lamb, Australian, imported, frozen, foreschank, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 85.0 3.0 no 2.016 1973 Lamb, Australian, imported, fresh, composite of frimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked, broiled 85.0 3.0 no 2.005 1974 Lamb, Australian, imported, fresh, composite of frimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked, foreign decided (rousts), boneless, separable lean and fat, cooked, foreign decided (rousts), boneless, separable lean and fat, cooked, foreign decided (rousts), boneless, separable lean and fat, cooked, foreign decided (rousts), boneless, separable lean and fat, cooked, froiled 85.0 3.0 no 3. | 10086 | Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled | 85.0 | 3.0 oz | 2.044 |
| 1994 | 17297 | | 85.0 | 3.0 oz | 2.040 |
| 65743 Turkey, retail parts, thigh, meat and skin, cooked, roasted 85.0 3.0 cm 2.018 01167 Cheese, mexican, queso chilulatula 122.0 1.020 1.020 1.020 2.028 17257 Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 18" fat, cooked, braised 85.0 3.0 cm 2.015 18311 Fish, salmon, chum, cooked, dry heat 85.0 3.0 cm 3.0 cm 2.015 18320 Lamb, Australian, imported, fresh, leg, center silec, bone-in, separable lean only, trimmed to 1.8" fat, cooked, broiled 85.0 3.0 cm 3.0 cm 2.000 17283 Lamb, Australian, imported, fresh, leg, center silec, bone-in, separable lean only, trimmed to 1.8" fat, cooked, for cooked, broiled 85.0 3.0 cm 3.0 cm 2.000 1809 Pork, fresh, loin, blade (roass), boneless, separable lean and fat, cooked, cooked, on separable lean only, trimmed to 1.8" fat, cooked 85.0 3.0 cm 2.000 1814 Pork, fresh, loin, blade (roass), boneless, separable lean only, tonneless, cooked, dry lead 85.0 3.0 cm 3.0 cm 1.0 cm 1829 Fish, flatfish (flounder and sole species), cooked, fried, flour 85.0 3.0 cm <td>10954</td> <td>•</td> <td>85.0</td> <td>3.0 oz</td> <td>2.037</td> | 10954 | • | 85.0 | 3.0 oz | 2.037 |
| 01107 Cheese, mextean, queso chihuahua 1320 1.0 cmp, diece 2.028 17257 Lamb, New Zealand, imported, frozeh, foreshank, separable lean and fat, trimmed to 1.8" fat, cooked, spraised 850 3.0 cm 2.025 15211 Fish, salmon, chum, cooked, dry beat 850 3.0 cm 2.015 13932 Reef, fop sirloin, steak, separable lean and fat, trimmed to 1.8" fat, cooked, broiled 85.0 3.0 cm 2.011 17930 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1.8" fat, cooked 85.0 3.0 cm 2.009 17931 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1.8" fat, cooked 85.0 3.0 cm 2.009 17932 Post, fresh, boin, blade (fossts), boneless, separable lean and fat, cooked, roasted 85.0 3.0 cm 3.0 cm 2.009 18090 Post, fresh, boin, blade (fossts), boneless, separable lean and fat, trimmed to 1.8" fat, cooked 85.0 3.0 cm 1.0 cm 1.98 19091 Post, fresh, boin, blade (chost sp.), boneless, separable lean only, boneless, cooked, broiled 85.0 3.0 cm 3.0 cm 1.97 19092 <t< td=""><td>13467</td><td>Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled</td><td>85.0</td><td>3.0 oz</td><td>2.035</td></t<> | 13467 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 2.035 |
| Lamb, New Zealand, imported, froeshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised 85.0 3.0 oz 2.015 15211 Fish, salmon, chum, cooked, dry heat 85.0 3.0 oz 2.015 15222 Beef, top sirioin, seak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 85.0 3.0 oz 2.011 17309 Lamb, Australian, imported, fresh, leg, center slice, hone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled 85.0 3.0 oz 2.005 17283 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked 85.0 3.0 oz 2.005 10990 Pork, fresh, loin, blade (roasts), boncless, separable lean and fat, cooked, roasted 85.0 3.0 oz 2.002 10990 Pork, fresh, loin, blade (roasts), boncless, separable lean only, trimmed to 1/8" fat, cooked 10.0 up 1.984 15029 Fish, flatfish (flounder and sole species), cooked, dry heat 127.0 1.0 filled 1.982 15034 Pork, fresh, loin, blade (chops), boncless, separable lean only, boncless, cooked, broiled 85.0 3.0 oz 1.976 15032 Cristaceaus, spiny lobsler, mixed species, cooked, moist heat 85.0 3.0 oz 1.976 15032 Fish, grouper, mixed species, cooked, moist heat 85.0 3.0 oz 1.931 15033 Lamb, Australian, imported, fresh, leg, sirloin chops, boncless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 85.0 3.0 oz 1.931 15034 Fish, prouper, mixed species, cooked, moist heat 85.0 3.0 oz 1.931 15035 Fish, pike, northern, cooked, dry heat 85.0 3.0 oz 1.932 15046 Fish, pike, northern, cooked, dry heat 85.0 3.0 oz 1.932 15047 Camb, Australian, imported, fresh, leg, sirloin chops, boncless, separable lean and fat, trimmed to 1/8" fat, cooked, froiled 85.0 3.0 oz 1.932 15048 Game meat, hison, ground, cooked, pan-broiled 87.0 1.0 patty (yield from 112.7 graw meat 1.932 15049 Lamb, Naustralian, imported, frozen, leg, whole (shank and sirlo | 05743 | Turkey, retail parts, thigh, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 2.031 |
| 1257 braised 8.0 3.0 oz 2.025 1251 Fish, salmon, chum, cooked, dry heat 8.5 8.5 3.0 oz 2.015 13932 Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 8.5 3.0 oz 2.011 17309 Lamb, Australian, imported, fresh, leg, cemter slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled 8.5 3.0 oz 3.0 oz 2.005 17283 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked, fat, cooked, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted 8.5 3.0 oz 3.0 oz 2.005 10990 Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted 8.5 3.0 oz 3.0 oz 4.005 1450 Soybeans, green, raw 256 1.0 cm 1.0 cm 1.984 15029 Fish, flatfish (flounder and sole species), cooked, dry heat 8.5 3.0 oz 1.0 cm 1.984 15029 Fish, flatfish (flounder and sole species), cooked, fried, flour 8.5 3.0 oz 1.972 15228 Crustaceans, spiny lobster, mixed species, cooked, moist heat 8.5 3.0 oz 1.971 15022 Fish, grouper, mixed species, cooked, moist heat 8.5 3.0 oz 1.991 15032 Fish, grouper, mixed species, cooked, moist heat 8.5 3.0 oz 1.991 15043 Fish, pike, northern, cooked, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 8.5 3.0 oz 1.992 13985 Reef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 8.5 3.0 oz 1.0 serving 1.922 17331 Game meat, bison, ground, cooked, pan-broiled 8.5 8.5 3.0 oz 3.0 oz 1.992 17352 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 8.5 3.0 oz 3.0 oz 1.992 17369 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, t | 01167 | Cheese, mexican, queso chihuahua | 132.0 | 1.0 cup, diced | 2.028 |
| 13932 Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 85.0 3.0 oz 2.009 17283 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked 85.0 3.0 oz 2.005 17283 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked 85.0 3.0 oz 2.005 18990 Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted 85.0 3.0 oz 2.002 18450 Soybeans, green, raw 256.0 1.0 cut 1.988 18529 Fish, flaffish (flounder and sols species), cooked, dry beat 127.0 1.0 fillet 1.988 18529 Fish, flaffish (flounder and sols species), cooked, fried, flour 85.0 3.0 oz 1.976 18529 This, flaffish (flounder and sols species), cooked, fried, flour 85.0 3.0 oz 1.976 18520 This, flaffish (flounder and sols species), cooked, fried, flour 85.0 3.0 oz 1.976 18520 This, flaffish (flounder and sols species), cooked, fried, flour 85.0 3.0 oz 1.976 18520 This, grouper, mixed species, cooked, moist heat 85.0 3.0 oz 1.976 18521 Fish, grouper, mixed species, cooked, moist heat 85.0 3.0 oz 1.976 18522 Fish, grouper, mixed species, cooked, moist heat 85.0 3.0 oz 1.978 18532 Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 85.0 3.0 oz 1.978 18731 Game meat, bison, ground, cooked, dry heat 85.0 1.0 patty (yield from 112.7 g raw meat) 1.978 18732 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 85.0 3.0 oz 3.0 oz 1.901 18732 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 85.0 3.0 oz 3.0 oz 1.901 18745 Tat, co | 17257 | | 85.0 | 3.0 oz | 2.025 |
| 17309 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked 3.0 oz 2.005 17283 | 15211 | Fish, salmon, chum, cooked, dry heat | 85.0 | 3.0 oz | 2.015 |
| 1739 cooked, broiled Scooked | 13932 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 2.011 |
| 17283 | 17309 | | 85.0 | 3.0 oz | 2.009 |
| 11450 Soybeans, green, raw 256.0 1.0 cup 1.984 15029 Fish, flatfish (flounder and sole species), cooked, dry heat 127.0 1.0 fillet 1.982 10984 Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled 85.0 3.0 oz 1.976 05008 Chicken, broilers or fryers, meat and skin, cooked, fried, flour 85.0 3.0 oz 1.972 15228 Crustaceans, spiny lobster, mixed species, cooked, moist heat 85.0 3.0 oz 1.951 15032 Fish, grouper, mixed species, cooked, dry heat 85.0 3.0 oz 1.940 17303 Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cocked, broiled 85.0 3.0 oz 1.933 15063 Fish, pike, northern, cooked, dry heat 85.0 3.0 oz 1.927 13985 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 1.0 patty (yield from 112.7 g raw meat) 1.918 17259 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted 85.0 1.0 patty (| 17283 | | 85.0 | 3.0 oz | 2.005 |
| 15029 Fish, flaffish (flounder and sole species), cooked, dry heat 127.0 1.0 fillet 1.982 10984 Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled 85.0 3.0 oz 1.976 15030 Chicken, broilers or fryers, meat and skin, cooked, fried, flour 85.0 3.0 oz 1.971 15228 Crustaceans, spiny lobster, mixed species, cooked, moist heat 85.0 3.0 oz 1.951 15032 Fish, grouper, mixed species, cooked, dry heat 85.0 3.0 oz 1.940 17303 Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 85.0 3.0 oz 1.933 15063 Fish, pike, northem, cooked, dry heat 85.0 3.0 oz 1.927 13985 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 1.0 patty (yield from 112.7 g raw meat) 1.918 17259 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted 85.0 3.0 oz 1.901 15080 Turkey from whole, light meat, meat only, with added solution, cooked, proasted 85.0 3.0 oz 1.891 | 10990 | Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 2.002 |
| 10984 Pork, fresh, Ioin, blade (chops), boneless, separable lean only, boneless, cooked, broiled 85.0 3.0 oz 1.976 05008 Chicken, broilers or fryers, meat and skin, cooked, fried, flour 85.0 3.0 oz 1.972 15228 Crustaceans, spiny lobster, mixed species, cooked, moist heat 85.0 3.0 oz 1.951 15032 Fish, grouper, mixed species, cooked, dry heat 85.0 3.0 oz 1.940 17303 Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 85.0 3.0 oz 1.933 15063 Fish, pike, northern, cooked, dry heat 85.0 3.0 oz 1.927 13985 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 1.0 patty (yield from 112.7 g raw meat) 1.918 17331 Game meat, bison, ground, cooked, pan-broiled 87.0 1.0 patty (yield from 112.7 g raw meat) 1.918 17259 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted 85.0 3.0 oz 1.902 13918 Beef, tenderloin, steak, separable lean and fat, trimmed to | 11450 | Soybeans, green, raw | 256.0 | 1.0 cup | 1.984 |
| Chicken, broilers or fryers, meat and skin, cooked, fried, flour 15228 Crustaceans, spiny lobster, mixed species, cooked, moist heat 15032 Fish, grouper, mixed species, cooked, dry heat 15032 Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 17303 Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled 15063 Fish, pike, northern, cooked, dry heat 15063 Beef, Ioin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 17331 Game meat, bison, ground, cooked, pan-broiled 17259 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted 173918 Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 185.0 3.0 oz 1.902 18918 Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 185.0 3.0 oz 1.902 18918 Turkey from whole, light meat, meat only, with added solution, cooked, roasted 185.0 3.0 oz 1.891 | 15029 | Fish, flatfish (flounder and sole species), cooked, dry heat | 127.0 | 1.0 fillet | 1.982 |
| Crustaceans, spiny lobster, mixed species, cooked, moist heat Fish, grouper, mixed species, cooked, dry heat Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled Fish, pike, northern, cooked, dry heat Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Game meat, bison, ground, cooked, pan-broiled Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Turkey from whole, light meat, meat only, with added solution, cooked, roasted S5.0 3.0 oz 1.902 | 10984 | Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled | 85.0 | 3.0 oz | 1.976 |
| Fish, grouper, mixed species, cooked, dry heat Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled Eamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled Fish, pike, northern, cooked, dry heat Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Game meat, bison, ground, cooked, pan-broiled Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 05008 | Chicken, broilers or fryers, meat and skin, cooked, fried, flour | 85.0 | 3.0 oz | 1.972 |
| Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled Fish, pike, northern, cooked, dry heat Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Game meat, bison, ground, cooked, pan-broiled Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Turkey from whole, light meat, meat only, with added solution, cooked, roasted S5.0 3.0 oz 1.902 | 15228 | Crustaceans, spiny lobster, mixed species, cooked, moist heat | 85.0 | 3.0 oz | 1.951 |
| cooked, broiled 15063 Fish, pike, northern, cooked, dry heat 15063 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 13985 Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 17331 Game meat, bison, ground, cooked, pan-broiled 17259 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted 185.0 1.0 patty (yield from 112.7 g raw meat) 1.918 1.922 1.923 1.924 1.925 1.925 1.925 1.926 1.927 1.927 1.928 1.928 1.929 1.929 1.929 1.929 1.929 1.920 1. | 15032 | Fish, grouper, mixed species, cooked, dry heat | 85.0 | 3.0 oz | 1.940 |
| Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 1.0 serving 1.922 roasted 1.0 serving 1.922 roasted 1.0 serving 1.922 roasted 1.0 patty (yield from 112.7 g raw meat) 1.0 | 17303 | | 85.0 | 3.0 oz | 1.933 |
| roasted 17331 Game meat, bison, ground, cooked, pan-broiled 17359 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted 17259 Lemb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted 17259 Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 17259 Turkey from whole, light meat, meat only, with added solution, cooked, roasted 17259 Serving 1.00 patty (yield from 112.7 g raw meat) 17259 1.00 patty (yield from 112.7 g raw meat) 17259 Serving 1.918 17259 | 15063 | Fish, pike, northern, cooked, dry heat | 85.0 | 3.0 oz | 1.927 |
| Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted 13918 Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 85.0 3.0 oz 1.902 13918 Turkey from whole, light meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 1.901 | 13985 | | 85.0 | 1.0 serving | 1.922 |
| 1/8" fat, cooked, roasted 13918 Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 85.0 3.0 oz 1.902 13918 Turkey from whole, light meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 1.901 | 17331 | Game meat, bison, ground, cooked, pan-broiled | 87.0 | 1.0 patty (yield from 112.7 g raw meat) | 1.918 |
| Turkey from whole, light meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 1.891 | 17259 | | 85.0 | 3.0 oz | 1.902 |
| | 13918 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 1.901 |
| Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 1.891 | 05697 | Turkey from whole, light meat, meat only, with added solution, cooked, roasted | 85.0 | 3.0 oz | 1.891 |
| | 05220 | Turkey, breast, from whole bird, meat only, roasted | 85.0 | 3.0 oz | 1.891 |

| NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--------|--|-----------|--|--------------------------|
| 17272 | Veal, breast, whole, boneless, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 1.889 |
| 05078 | Chicken, broilers or fryers, leg, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 1.883 |
| 17248 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 1.870 |
| 17287 | Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 1.860 |
| 15194 | Fish, mahimahi, cooked, dry heat | 85.0 | 3.0 oz | 1.851 |
| 17315 | Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled | 85.0 | 3.0 oz | 1.846 |
| 15111 | Fish, swordfish, cooked, dry heat | 85.0 | 3.0 oz | 1.843 |
| 05184 | Turkey, dark meat from whole, meat and skin, cooked, roasted | 85.0 | 1.0 serving | 1.839 |
| 23563 | Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled | 85.0 | 3.0 oz | 1.837 |
| 17261 | Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 1.832 |
| 01019 | Cheese, feta | 150.0 | 1.0 cup, crumbled | 1.829 |
| 05194 | Turkey, all classes, leg, meat and skin, cooked, roasted | 71.0 | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 1.825 |
| 15041 | Fish, herring, Atlantic, pickled | 140.0 | 1.0 cup | 1.824 |
| 17329 | Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 1.789 |
| 15017 | Fish, cod, Atlantic, canned, solids and liquid | 85.0 | 3.0 oz | 1.777 |
| 15199 | Fish, lingcod, cooked, dry heat | 85.0 | 3.0 oz | 1.767 |
| 10083 | Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 1.754 |
| 15227 | Crustaceans, crab, queen, cooked, moist heat | 85.0 | 3.0 oz | 1.752 |
| 17238 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 1.747 |
| 05039 | Chicken, broilers or fryers, light meat, meat only, raw | 88.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 1.734 |
| 10921 | Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil | 136.0 | 1.0 slice | 1.733 |
| 17240 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 1.731 |
| 10963 | Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw | 85.0 | 3.0 oz | 1.730 |
| 23290 | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 1.718 |
| 17253 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 1.697 |
| 15260 | Fish, salmon, pink, canned, drained solids | 85.0 | 3.0 oz | 1.683 |
| 01037 | Cheese, ricotta, part skim milk | 124.0 | 0.5 cup | 1.678 |
| 15214 | Fish, seatrout, mixed species, cooked, dry heat | 85.0 | 3.0 oz | 1.675 |
| 05738 | Turkey, drumstick, from whole bird, meat only, raw | 85.0 | 3.0 oz | 1.659 |
| 01036 | Cheese, ricotta, whole milk | 124.0 | 0.5 cup | 1.659 |
| 23270 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 1.649 |
| 17241 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 1.638 |
| 13905 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 1.636 |
| 05122 | Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed | 85.0 | 3.0 oz | 1.628 |

| NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--------|---|-----------|--|--------------------------|
| 15241 | Fish, trout, rainbow, farmed, cooked, dry heat | 71.0 | 1.0 fillet | 1.624 |
| 15019 | Fish, cod, Pacific, raw (may have been previously frozen) | 116.0 | 1.0 fillet | 1.623 |
| 10982 | Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw | 85.0 | 3.0 oz | 1.614 |
| 10944 | Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw | 85.0 | 3.0 oz | 1.607 |
| 14067 | Beverages, Protein powder soy based | 45.0 | 1.0 scoop | 1.598 |
| 10951 | Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw | 85.0 | 3.0 oz | 1.589 |
| 10955 | Pork, cured, ham, rump, bone-in, separable lean and fat, unheated | 85.0 | 3.0 oz | 1.589 |
| 13855 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 1.575 |
| 10989 | Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw | 85.0 | 3.0 oz | 1.553 |
| 15181 | Fish, salmon, pink, canned, without salt, solids with bone and liquid | 85.0 | 3.0 oz | 1.544 |
| 13970 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 1.524 |
| 15219 | Fish, trout, mixed species, cooked, dry heat | 62.0 | 1.0 fillet | 1.517 |
| 15031 | Fish, grouper, mixed species, raw | 85.0 | 3.0 oz | 1.512 |
| 05002 | Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter | 85.0 | 3.0 oz | 1.510 |
| 15051 | Fish, mackerel, spanish, raw | 85.0 | 3.0 oz | 1.505 |
| 13975 | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 1.498 |
| 01115 | Whey, sweet, dried | 145.0 | 1.0 cup | 1.494 |
| 05152 | Guinea hen, meat only, raw | 85.0 | 3.0 oz | 1.491 |
| 15033 | Fish, haddock, raw | 85.0 | 3.0 oz | 1.476 |
| 05682 | Chicken, dark meat, thigh, meat only, with added solution, raw | 85.0 | 3.0 oz | 1.475 |
| 01046 | Cheese food, pasteurized process, American, vitamin D fortified | 113.0 | 1.0 cup | 1.471 |
| 21110 | Fast foods, hamburger; double, regular, patty; plain | 120.0 | 1.0 item | 1.471 |
| 12516 | Seeds, pumpkin and squash seed kernels, roasted, with salt added | 118.0 | 1.0 cup | 1.440 |
| 17351 | Veal, Australian, shank, hind, bone-in, separable lean only, raw | 85.0 | 3.0 oz | 1.427 |
| 13786 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 1.425 |
| 05693 | Chicken, broiler, rotisserie, BBQ, back meat only | 85.0 | 3.0 oz | 1.414 |
| 13913 | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 1.408 |
| 16394 | Peanuts, valencia, oil-roasted, without salt | 144.0 | 1.0 cup | 1.398 |
| 15013 | Fish, cisco, raw | 79.0 | 1.0 fillet | 1.378 |
| 15134 | Fish, wolffish, Atlantic, raw | 85.0 | 3.0 oz | 1.366 |
| 01029 | Cheese, mozzarella, low moisture, part-skim | 132.0 | 1.0 cup, diced | 1.365 |
| 10953 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw | 85.0 | 3.0 oz | 1.355 |
| 01009 | Cheese, cheddar | 132.0 | 1.0 cup, diced | 1.353 |
| 05081 | Chicken, broilers or fryers, leg, meat only, cooked, fried | 56.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 1.347 |
| 15164 | Mollusks, mussel, blue, raw | 150.0 | 1.0 cup | 1.334 |

| NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--------|--|-----------|------------------------|--------------------------|
| 17345 | Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled | 54.0 | 1.0 steak | 1.332 |
| 11451 | Soybeans, green, cooked, boiled, drained, without salt | 180.0 | 1.0 cup | 1.330 |
| 05160 | Squab, (pigeon), meat and skin, raw | 85.0 | 3.0 oz | 1.306 |
| 15043 | Fish, herring, Pacific, raw | 85.0 | 3.0 oz | 1.280 |
| 01014 | Cheese, cottage, nonfat, uncreamed, dry, large or small curd | 145.0 | 1.0 cup (not packed) | 1.259 |
| 01109 | Milk, sheep, fluid | 245.0 | 1.0 cup | 1.257 |
| 16390 | Peanuts, all types, dry-roasted, without salt | 146.0 | 1.0 cup | 1.241 |
| 21006 | Fast foods, biscuit with egg and steak | 148.0 | 1.0 biscuit | 1.183 |
| 01016 | Cheese, cottage, lowfat, 1% milkfat | 113.0 | 4.0 oz | 1.132 |
| 12038 | Seeds, sunflower seed kernels, oil roasted, without salt | 135.0 | 1.0 cup | 1.114 |
| 16426 | Tofu, raw, firm, prepared with calcium sulfate | 126.0 | 0.5 cup | 1.113 |
| 15213 | Fish, scup, cooked, dry heat | 50.0 | 1.0 fillet | 1.112 |
| 07913 | Salami, pork, beef, less sodium | 100.0 | 3.527 oz | 1.107 |
| 01026 | Cheese, mozzarella, whole milk | 112.0 | 1.0 cup, shredded | 1.081 |
| 01012 | Cheese, cottage, creamed, large or small curd | 113.0 | 4.0 oz | 1.055 |
| 21014 | Fast foods, croissant, with egg, cheese, and sausage | 171.0 | 1.0 sandwich | 1.041 |
| 16017 | Beans, black turtle, mature seeds, cooked, boiled, without salt | 185.0 | 1.0 cup | 1.040 |
| 21003 | Fast foods, biscuit, with egg and bacon | 150.0 | 1.0 biscuit | 1.024 |
| 16018 | Beans, black turtle, mature seeds, canned | 240.0 | 1.0 cup | 1.013 |
| 07965 | Pork sausage, link/patty, reduced fat, unprepared | 85.0 | 3.0 oz | 0.996 |
| 01015 | Cheese, cottage, lowfat, 2% milkfat | 113.0 | 4.0 oz | 0.992 |
| 21005 | Fast Foods, biscuit, with egg and sausage | 162.0 | 1.0 item | 0.985 |
| 01013 | Cheese, cottage, creamed, with fruit | 113.0 | 4.0 oz | 0.971 |
| 12039 | Seeds, sunflower seed kernels, toasted, without salt | 134.0 | 1.0 cup | 0.949 |
| 11196 | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt | 170.0 | 1.0 cup | 0.949 |
| 15166 | Mollusks, octopus, common, raw | 85.0 | 3.0 oz | 0.947 |
| 12084 | Nuts, butternuts, dried | 120.0 | 1.0 cup | 0.924 |
| 07928 | Sausage, chicken, beef, pork, skinless, smoked | 84.0 | 1.0 link | 0.917 |
| 16009 | Beans, baked, canned, with pork | 253.0 | 1.0 cup | 0.913 |
| 01161 | Cheese substitute, mozzarella | 113.0 | 1.0 cup, shredded | 0.896 |
| 07917 | Sausage, pork and beef, with cheddar cheese, smoked | 77.0 | 12.0 oz serving 2.7 oz | 0.893 |
| 15058 | Fish, ocean perch, Atlantic, cooked, dry heat | 50.0 | 1.0 fillet | 0.885 |
| 01091 | Milk, dry, nonfat, regular, without added vitamin A and vitamin D | 30.0 | 0.25 cup | 0.860 |
| 07939 | Frankfurter, pork | 76.0 | 1.0 link | 0.853 |
| 19822 | Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds | 146.0 | 1.0 cup | 0.853 |
| 07955 | Turkey sausage, fresh, raw | 57.0 | 1.0 serving | 0.839 |

| NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--------|--|-----------|--|--------------------------|
| 06015 | Soup, chicken, canned, chunky, ready-to-serve | 245.0 | 1.0 cup | 0.833 |
| 11211 | Edamame, frozen, unprepared | 118.0 | 1.0 cup | 0.828 |
| 11039 | Lima beans, immature seeds, frozen, baby, unprepared | 164.0 | 1.0 cup | 0.823 |
| 01094 | Milk, buttermilk, dried | 30.0 | 0.25 cup | 0.816 |
| 10097 | Pork, fresh, variety meats and by-products, brain, cooked, braised | 85.0 | 3.0 oz | 0.811 |
| 01117 | Yogurt, plain, low fat, 12 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 0.801 |
| 01093 | Milk, dry, nonfat, calcium reduced | 28.35 | 1.0 oz | 0.798 |
| 07929 | Sausage, turkey, hot, smoked | 56.0 | 2.0 oz | 0.794 |
| 11040 | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt | 180.0 | 1.0 cup | 0.790 |
| 12063 | Nuts, almonds, dry roasted, without salt added | 138.0 | 1.0 cup whole kernels | 0.777 |
| 01087 | Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim) | 246.0 | 1.0 cup | 0.772 |
| 01081 | Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D | 246.0 | 1.0 cup | 0.770 |
| 08037 | Cereals ready-to-eat, granola, homemade | 122.0 | 1.0 cup | 0.770 |
| 01084 | Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D | 246.0 | 1.0 cup | 0.768 |
| 11032 | Lima beans, immature seeds, cooked, boiled, drained, without salt | 170.0 | 1.0 cup | 0.765 |
| 19408 | Snacks, pork skins, barbecue-flavor | 28.35 | 1.0 oz | 0.765 |
| 07925 | Pastrami, beef, 98% fat-free | 57.0 | 1.0 serving 6 slices | 0.754 |
| 06050 | Soup, pea, split with ham, canned, chunky, ready-to-serve | 240.0 | 1.0 cup | 0.749 |
| 01122 | Yogurt, fruit, low fat, 11 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 0.741 |
| 21418 | POPEYES, Spicy Chicken Strips, analyzed 2006 | 53.0 | 1.0 strip | 0.736 |
| 21417 | POPEYES, Mild Chicken Strips, analyzed 2006 | 54.0 | 1.0 strip | 0.734 |
| 07931 | Beerwurst, pork and beef | 56.0 | 1.0 serving 2 oz | 0.728 |
| 07924 | Bratwurst, pork, beef and turkey, lite, smoked | 66.0 | 1.0 serving 2.33 oz | 0.721 |
| 11037 | Lima beans, immature seeds, frozen, fordhook, unprepared | 160.0 | 1.0 cup | 0.677 |
| 07914 | Sausage, Italian, sweet, links | 84.0 | 1.0 link 3 oz | 0.674 |
| 01102 | Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D | 250.0 | 1.0 cup | 0.662 |
| 21002 | Fast foods, biscuit, with egg | 136.0 | 1.0 biscuit | 0.662 |
| 01057 | Eggnog | 254.0 | 1.0 cup | 0.653 |
| 05048 | Chicken, broilers or fryers, back, meat and skin, raw | 59.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.650 |
| 15169 | Mollusks, oyster, eastern, wild, cooked, moist heat | 85.0 | 3.0 oz | 0.648 |
| 07911 | Liverwurst spread | 55.0 | 0.25 cup | 0.635 |
| 01078 | Milk, producer, fluid, 3.7% milkfat | 244.0 | 1.0 cup | 0.634 |
| 01103 | Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D | 250.0 | 1.0 cup | 0.625 |
| 15207 | Fish, roe, mixed species, cooked, dry heat | 28.35 | 1.0 oz | 0.618 |
| 07944 | Turkey, white, rotisserie, deli cut | 48.0 | 1.69 oz (1 serving) | 0.611 |
| 05072 | Chicken, broilers or fryers, drumstick, meat only, cooked, fried | 25.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.608 |

| 1700 1700 1700 1.0 container (6 coz) 0.087 1700 1.0 container (6 coz) 0.087 1700 1.0 container (6 coz) 0.087 1700 1.0 container (6 coz) 0.096 1.0 coz 0.097 | NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--|--------|---|-----------|--|--------------------------|
| | 01120 | Yogurt, fruit, low fat, 9 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 0.607 |
| 1932 Pork, cured, ham, rump, bone-in, separable lean only, unheuted 28.35 1.0 oz 0.586 | 15048 | Fish, mackerel, jack, canned, drained solids | 28.35 | 1.0 oz, boneless | 0.604 |
| 2013 Barley flour or meal 1480 1.0 camp 0.579 1.0934 Pork, curred, ham, shank, bone-in, separable lean only, unheated 28.35 1.0 camp 0.570 | 06128 | Soup, chicken noodle, dry, mix | 74.0 | 1.0 packet | 0.596 |
| Pork, cured, harn, shark, home-in, separable lean only, unheated 28.35 1.0 oz 0.570 | 10932 | Pork, cured, ham, rump, bone-in, separable lean only, unheated | 28.35 | 1.0 oz | 0.586 |
| 67933 Chicken breast, oven-roasted, fat-free, sliced 42.0 1.0 serving 2 slices 0.561 01116 Yogurt, plain, whole milk, 8 grams protein per 8 onnee 1700 1.0 container (6 cox) 0.529 17312 Lamb, Australian, imported, fresh, Ioin, separable lean only, trimmed to 18" fat, raw 28.3 1.0 cox 0.526 07926 Salami, Italian, pork 28.0 1.0 cox 0.526 1004 Cheese, blue 28.3 1.0 cox 0.522 10788 Lamb, Australian, imported, fresh, foreshark, separable lean only, trimmed to 1.8" fat, raw 28.35 1.0 cox 0.522 17808 Lamb, Australian, imported, fresh, foreshark, separable lean only, trimmed to 1.8" fat, raw 28.35 1.0 cox 0.517 05053 Chicken, broolers or fyreys, back, meat only, raw 31.0 1.0 unit (yield from 11b ready-to-coxch chicken) 0.515 17906 Lamb, Australian, imported, fresh, leg, sirloin half, boncless, separable lean only, trimmed to 1.8" fat, raw 28.35 1.0 or 0.514 17926 Lamb, Australian, imported, fresh, leg, shark half, separable lean only, trimmed to 1.8" fat, raw 28.35 1.0 or 0.512 <td< td=""><td>20130</td><td>Barley flour or meal</td><td>148.0</td><td>1.0 cup</td><td>0.579</td></td<> | 20130 | Barley flour or meal | 148.0 | 1.0 cup | 0.579 |
| 01116 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 1700 1.0 container (6 oz) 0.529 17312 Lamb, Australian, imported, fresh, Ioin, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.526 07026 Salami, Italian, pork 28.35 1.0 oz 0.526 17382 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.522 07957 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 0.521 17388 Lamb, Australian, imported, fresh, feg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw 31.0 1.0 serving 0.517 16053 Chicken, broilers or fryers, back, meat only, raw 31.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 0.517 16054 Pork, cured, lam, shash, bank, b | 10934 | Pork, cured, ham, shank, bone-in, separable lean only, unheated | 28.35 | 1.0 oz | 0.570 |
| 17312 Lamb, Australian, imported, fresh, Inin, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.526 1728 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.525 1738 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.527 1730 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.517 1730 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.517 1730 Lamb, Australian, imported, fresh, leg, sidoli half, boneless, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.518 1730 Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.518 1730 Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.519 1728 Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.519 1728 Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.519 1728 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.507 1728 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.507 1728 Lamb, Australian, imported, fresh, conded, botted, drained, without salt 278.0 1.0 serving (10 oz) vietlo 0.500 1728 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.500 1729 Cheese, camenbert 0.500 0.500 0.500 0.500 0.500 0.500 0.500 0.50 | 07933 | Chicken breast, oven-roasted, fat-free, sliced | 42.0 | 1.0 serving 2 slices | 0.561 |
| 07926 Salami, Italian, pork 28.0 1.0 az 0.526 01004 Cheese, blue 28.35 1.0 az 0.525 17288 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 az 0.522 17308 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 unit (yield from 1 lb ready-us-cook chicken) 0.517 05035 Chicken, broilers or fryers, back, meat only, raw 31.0 1.0 unit (yield from 1 lb ready-us-cook chicken) 0.518 10936 Pork, cured, ham, shank, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.511 17300 Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17292 Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17282 Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.511 17282 Lamb, Australian, imported, fresh, leg, composite of trimmed retail cuts, separable lean only, | 01116 | Yogurt, plain, whole milk, 8 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 0.529 |
| Cheese, Blue | 17312 | Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.526 |
| 17288 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.522 17308 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.517 17308 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.517 17309 Chicken, broilers of fyers, back, exact only, raw 31.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 0.515 17300 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.513 17300 Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17290 Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17291 Bacon and beef sticks 28.0 1.0 oz 0.512 17282 Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17283 Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17284 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.507 17285 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.506 17286 Lamb, Australian, imported, fresh, concel, boiled, drained, without salt 27.0 1.0 package (10 oz) yields 0.506 17287 David Chicken, concel, boiled, drained, without salt 28.0 1.0 package (10 oz) yields 0.506 17288 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.497 17299 Lamb, Australian, imported, fresh, l | 07926 | Salami, Italian, pork | 28.0 | 1.0 oz | 0.526 |
| Pork and turkey sausage, pre-cooked 57.0 1.0 serving 0.521 17308 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.517 10936 Pork, cured, ham, shank, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.514 17300 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.513 17292 Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17296 Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17296 Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17298 Bacon and beef sticks 28.0 1.0 oz 0.511 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.517 17283 Fast foods, french toast with butter 135.0 2.0 slices 0.506 17284 Mollusks, oyster, eastern, wild, cooked, dry heat 278.0 1.0 package (10 oz) yields 0.506 17284 Mollusks, oyster, eastern, wild, cooked, dry heat 85.0 1.0 package (10 oz) yields 0.506 17284 Mollusks, oyster, eastern, wild, cooked, dry heat 85.0 1.0 serving (1 hot dog) 0.501 17285 Fantfurter, meat 28.35 1.0 oz 0.501 17286 Mollusks, oyster, eastern, cooked, breaded and fried 85.0 3.0 oz 0.505 17286 Mollusks, oyster, eastern, cooked, breaded and fried 85.0 3.0 oz 0.497 17286 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.497 17286 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.497 17287 Lamb, Australian | 01004 | Cheese, blue | 28.35 | 1.0 oz | 0.525 |
| 17308 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.515 10936 Pork, cured, ham, shank, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.514 17300 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.518 17292 Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17296 Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17296 Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw 28.0 1.0 oz 0.511 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.0 1.0 oz 0.511 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.0 1.0 oz 0.501 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.507 17282 Lamb, Australian, imported, fresh, condect, drinned, without salt 278.0 1.0 package (10 oz) yields 0.506 15244 Mollusks, oyster, castern, wild, cooked, dry heat 85.0 3.0 oz 0.503 15244 Mollusks, oyster, castern, wild, cooked, dry heat 85.0 3.0 oz 0.503 15245 Mollusks, oyster, castern, cooked, breaded and fried 85.0 3.0 oz 0.501 1526 Mollusks, oyster, castern, cooked, breaded and fried 85.0 3.0 oz 0.497 15168 Mollusks, oyster, castern, cooked, breaded and fried 85.0 3.0 oz 0.497 1520 Nuts, hazelmuts or filberts 1.0 oz 0.480 1521 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.480 1522 Lamb, | 17288 | Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.522 |
| Chicken, broilers or fryers, back, meat only, raw 31.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 0.515 10936 Pork, cured, ham, shank, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.514 17300 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.513 17292 Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17296 Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17282 Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.511 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.507 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.507 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.507 17283 Peas and carrots, frozen, cooked, boiled, drained, without salt 278.0 1.0 package (10 oz) yields 0.506 15244 Mollusks, oyster, castern, wild, cooked, dry heat 52.0 1.0 serving (1 hot dog) 0.501 15244 Mollusks, oyster, castern, wild, cooked, dry heat 52.0 1.0 serving (1 hot dog) 0.501 15246 Soup, pea, green, canned, condensed 128.0 0.5 oup, pea, green, can | 07957 | Pork and turkey sausage, pre-cooked | 57.0 | 1.0 serving | 0.521 |
| 10936 Pork, cured, ham, shank, bone-in, separable lean and fat, unheated 28.35 1.0 oz 0.514 17300 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.513 17292 Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17296 Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.511 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.507 21023 Fast foods, french toast with butter 135.0 2.0 slices 0.506 11323 Peas and carrots, frozen, cooked, boiled, drained, without salt 278.0 1.0 package (10 oz) yields 0.506 15244 Mollusks, oyster, eastern, wild, cooked, dry heat 85.0 3.0 oz 0.503 07950 Frankfurer, meat 52.0 | 17308 | Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.517 |
| Lamb, Australian, imported, fresh, leg, sirloin half, boncless, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17296 Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.507 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.507 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.507 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.507 17283 Peas and carrots, frozen, cooked, boiled, drained, without salt 278.0 1.0 package (10 oz) yields 0.506 17284 Mollusks, oyster, castern, wild, cooked, dry heat 52.0 1.0 serving (1 bot dog) 0.501 17285 Frankfurter, meat 52.0 1.0 serving (1 bot dog) 0.501 17286 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.497 17286 Mollusks, oyster, eastern, cooked, breaded and fried 85.0 3.0 oz 0.495 17286 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.488 17286 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.488 17286 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.478 17287 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.478 17298 | 05053 | Chicken, broilers or fryers, back, meat only, raw | 31.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.515 |
| Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" 28.35 1.0 oz 0.512 17296 Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.512 17282 Bacon and beef sticks 28.0 1.0 oz 0.511 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.507 17282 Fast foods, french toast with butter 135.0 2.0 slices 0.506 1323 Peas and carrots, frozen, cooked, boiled, drained, without salt 278.0 1.0 package (10 oz) yields 0.506 15244 Mollusks, oyster, eastern, wild, cooked, dry heat 85.0 3.0 oz 0.503 1007 Cheese, camembert 52.0 1.0 serving (1 hot dog) 0.501 1007 Cheese, camembert 28.35 1.0 oz 0.501 10649 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.497 15168 Mollusks, oyster, eastern, cooked, breaded and fried 85.0 3.0 oz 0.495 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 0.483 17306 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.478 1007 1.0 cup, chopped 0.487 1008 1.0 cup, chopped 0.487 1009 1.0 cup, | 10936 | Pork, cured, ham, shank, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz | 0.514 |
| Fat, raw | 17300 | Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.513 |
| 10 oz 0.511 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" 28.35 1.0 oz 0.507 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" 28.35 1.0 oz 0.507 1823 Fast foods, french toast with butter 135.0 2.0 slices 0.506 1824 Mollusks, oyster, eastern, wild, cooked, dry heat 85.0 1.0 package (10 oz) yields 0.506 1824 Mollusks, oyster, eastern, wild, cooked, dry heat 85.0 3.0 oz 0.503 1007 Cheese, camembert 28.35 1.0 oz 0.501 1007 Cheese, camembert 28.35 1.0 oz 0.501 1008 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.497 15168 Mollusks, oyster, eastern, cooked, breaded and fried 85.0 3.0 oz 0.495 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 0.483 17306 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.478 1007 1.0 cup, chopped 0.487 1008 1.0 cup, chopped 0.487 1009 0.477 1009 0.477 1009 0.477 0.477 0.477 1009 0.477 0.477 1009 0.477 0.477 1009 0.477 0.477 1009 0.477 0.477 1009 0.477 0.477 1009 0.477 0.477 1009 | 17292 | | 28.35 | 1.0 oz | 0.512 |
| 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.507 21023 Fast foods, french toast with butter 135.0 2.0 slices 0.506 11323 Peas and carrots, frozen, cooked, boiled, drained, without salt 278.0 1.0 package (10 oz) yields 0.506 15244 Mollusks, oyster, eastern, wild, cooked, dry heat 85.0 3.0 oz 0.503 07950 Frankfurter, meat 52.0 1.0 serving (1 hot dog) 0.501 01007 Cheese, camembert 28.35 1.0 oz 0.501 06049 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.497 15168 Mollusks, oyster, eastern, cooked, breaded and fried 85.0 3.0 oz 0.495 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 0.483 17306 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.480 17328 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.478 20444 Rice, w | 17296 | Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.512 |
| Fast foods, french toast with butter | 07921 | Bacon and beef sticks | 28.0 | 1.0 oz | 0.511 |
| 11323 Peas and carrots, frozen, cooked, boiled, drained, without salt 278.0 1.0 package (10 oz) yields 0.506 15244 Mollusks, oyster, eastern, wild, cooked, dry heat 85.0 3.0 oz 0.503 07950 Frankfurter, meat 52.0 1.0 serving (1 hot dog) 0.501 01007 Cheese, camembert 28.35 1.0 oz 0.501 06049 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.497 15168 Mollusks, oyster, eastern, cooked, breaded and fried 85.0 3.0 oz 0.495 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 0.483 17306 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.480 17328 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.478 20444 Rice, white, long-grain, regular, raw, unenriched 185.0 1.0 cup 0.477 | 17282 | | 28.35 | 1.0 oz | 0.507 |
| 15244 Mollusks, oyster, eastern, wild, cooked, dry heat 85.0 3.0 oz 0.503 07950 Frankfurter, meat 52.0 1.0 serving (1 hot dog) 0.501 01007 Cheese, camembert 28.35 1.0 oz 0.501 06049 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.497 15168 Mollusks, oyster, eastern, cooked, breaded and fried 85.0 3.0 oz 0.495 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 0.483 17306 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.480 17328 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.478 20444 Rice, white, long-grain, regular, raw, unenriched 185.0 1.0 cup 0.477 | 21023 | Fast foods, french toast with butter | 135.0 | 2.0 slices | 0.506 |
| 07950 Frankfurter, meat 52.0 1.0 serving (1 hot dog) 0.501 01007 Cheese, camembert 28.35 1.0 oz 0.501 06049 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.497 15168 Mollusks, oyster, eastern, cooked, breaded and fried 85.0 3.0 oz 0.495 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 0.483 17306 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.480 17328 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.478 20444 Rice, white, long-grain, regular, raw, unenriched 185.0 1.0 cup 0.477 | 11323 | Peas and carrots, frozen, cooked, boiled, drained, without salt | 278.0 | 1.0 package (10 oz) yields | 0.506 |
| 01007 Cheese, camembert 28.35 1.0 oz 0.501 06049 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.497 15168 Mollusks, oyster, eastern, cooked, breaded and fried 85.0 3.0 oz 0.495 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 0.483 17306 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.480 17328 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.478 20444 Rice, white, long-grain, regular, raw, unenriched 185.0 1.0 cup 0.477 | 15244 | Mollusks, oyster, eastern, wild, cooked, dry heat | 85.0 | 3.0 oz | 0.503 |
| 06049 Soup, pea, green, canned, condensed 128.0 0.5 cup 0.497 15168 Mollusks, oyster, eastern, cooked, breaded and fried 85.0 3.0 oz 0.495 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 0.483 17306 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.480 17328 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.478 20444 Rice, white, long-grain, regular, raw, unenriched 185.0 1.0 cup 0.477 | 07950 | Frankfurter, meat | 52.0 | 1.0 serving (1 hot dog) | 0.501 |
| Mollusks, oyster, eastern, cooked, breaded and fried 85.0 3.0 oz 0.495 12120 Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 0.483 17306 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.480 17328 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.478 20444 Rice, white, long-grain, regular, raw, unenriched 185.0 1.0 cup | 01007 | Cheese, camembert | 28.35 | 1.0 oz | 0.501 |
| Nuts, hazelnuts or filberts 115.0 1.0 cup, chopped 0.483 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 17306 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.480 17328 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.478 20444 Rice, white, long-grain, regular, raw, unenriched 185.0 1.0 cup 0.477 | 06049 | Soup, pea, green, canned, condensed | 128.0 | 0.5 cup | 0.497 |
| Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw 1.0 oz 0.480 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.478 Rice, white, long-grain, regular, raw, unenriched 185.0 1.0 oz 0.477 | 15168 | Mollusks, oyster, eastern, cooked, breaded and fried | 85.0 | 3.0 oz | 0.495 |
| raw 17328 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.480 17328 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.478 20444 Rice, white, long-grain, regular, raw, unenriched 185.0 1.0 cup 0.477 | 12120 | Nuts, hazelnuts or filberts | 115.0 | 1.0 cup, chopped | 0.483 |
| Rice, white, long-grain, regular, raw, unenriched 185.0 1.0 cup 0.477 | 17306 | | 28.35 | 1.0 oz | 0.480 |
| | 17328 | Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.478 |
| Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw 28.35 | 20444 | Rice, white, long-grain, regular, raw, unenriched | 185.0 | 1.0 cup | 0.477 |
| | 17267 | Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw | 28.35 | 1.0 oz | 0.473 |

| NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--------|--|-----------|-------------------------------------|--------------------------|
| 17286 | Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.472 |
| 11372 | Potatoes, scalloped, home-prepared with butter | 245.0 | 1.0 cup | 0.470 |
| 17258 | Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.469 |
| 15039 | Fish, herring, Atlantic, raw | 28.35 | 1.0 oz, boneless | 0.468 |
| 11316 | Peas, mature seeds, sprouted, raw | 120.0 | 1.0 cup | 0.461 |
| 11304 | Peas, green, raw | 145.0 | 1.0 cup | 0.460 |
| 11453 | Soybeans, mature seeds, sprouted, cooked, steamed | 94.0 | 1.0 cup | 0.457 |
| 01123 | Egg, whole, raw, fresh | 50.0 | 1.0 large | 0.456 |
| 12033 | Seeds, sesame flour, low-fat | 28.35 | 1.0 oz | 0.456 |
| 01128 | Egg, whole, cooked, fried | 46.0 | 1.0 large | 0.455 |
| 01131 | Egg, whole, cooked, poached | 50.0 | 1.0 large | 0.454 |
| 17256 | Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.452 |
| 17278 | Veal, shank (fore and hind), separable lean only, raw | 28.35 | 1.0 oz | 0.450 |
| 17276 | Veal, shank (fore and hind), separable lean and fat, raw | 28.35 | 1.0 oz | 0.447 |
| 18943 | Pie Crust, Cookie-type, Chocolate, Ready Crust | 182.0 | 1.0 crust | 0.446 |
| 20314 | Corn grain, white | 166.0 | 1.0 cup | 0.440 |
| 11029 | Beans, kidney, mature seeds, sprouted, raw | 184.0 | 1.0 cup | 0.440 |
| 10008 | Pork, fresh, leg (ham), whole, separable lean and fat, raw | 28.35 | 1.0 oz | 0.439 |
| 20090 | Rice flour, brown | 158.0 | 1.0 cup | 0.436 |
| 17264 | Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.430 |
| 20095 | Pasta, fresh-refrigerated, spinach, as purchased | 128.0 | 4.5 oz | 0.430 |
| 01042 | Cheese, pasteurized process, American, fortified with vitamin D | 28.35 | 1.0 oz | 0.430 |
| 15014 | Fish, cisco, smoked | 28.35 | 1.0 oz | 0.426 |
| 17250 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.426 |
| 17318 | Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.418 |
| 15057 | Fish, ocean perch, Atlantic, raw | 28.35 | 1.0 oz, boneless | 0.415 |
| 17326 | Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.413 |
| 11356 | Potatoes, Russet, flesh and skin, baked | 299.0 | 1.0 potato large (3" to 4-1/4" dia. | 0.410 |
| 17271 | Veal, breast, whole, boneless, separable lean and fat, raw | 28.35 | 1.0 oz | 0.408 |
| 09030 | Apricots, dehydrated (low-moisture), sulfured, uncooked | 119.0 | 1.0 cup | 0.403 |
| 20324 | Cornmeal, white, self-rising, bolted, with wheat flour added, enriched | 170.0 | 1.0 cup | 0.391 |
| 16162 | MORI-NU, Tofu, silken, firm | 84.0 | 1.0 slice | 0.386 |
| 07001 | Barbecue loaf, pork, beef | 28.35 | 1.0 oz | 0.374 |

| NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--------|--|-----------|---|--------------------------|
| 11178 | Corn, sweet, yellow, frozen, kernels cut off cob, unprepared | 136.0 | 1.0 cup | 0.373 |
| 07936 | Bologna, pork and turkey, lite | 56.0 | 1.0 serving 2 oz | 0.372 |
| 11215 | Garlic, raw | 136.0 | 1.0 cup | 0.371 |
| 10115 | Pork, fresh, variety meats and by-products, pancreas, raw | 28.35 | 1.0 oz | 0.363 |
| 15028 | Fish, flatfish (flounder and sole species), raw | 28.35 | 1.0 oz, boneless | 0.360 |
| 11575 | Turnip greens, frozen, cooked, boiled, drained, without salt | 164.0 | 1.0 cup | 0.358 |
| 14632 | Beverages, Meal supplement drink, canned, peanut flavor | 158.0 | 1.0 cup | 0.356 |
| 15171 | Mollusks, oyster, Pacific, raw | 50.0 | 1.0 medium | 0.353 |
| 11192 | Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt | 165.0 | 1.0 cup | 0.345 |
| 01076 | Milk substitutes, fluid, with lauric acid oil | 244.0 | 1.0 cup | 0.344 |
| 12022 | Seeds, safflower seed meal, partially defatted | 28.35 | 1.0 oz | 0.333 |
| 15245 | Mollusks, oyster, eastern, farmed, raw | 85.0 | 3.0 oz | 0.331 |
| 18945 | Pie crust, deep dish, frozen, unbaked, made with enriched flour | 225.0 | 1.0 pie crust (average weight) | 0.324 |
| 05105 | Chicken, broilers or fryers, wing, meat only, raw | 17.0 | 1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken) | 0.317 |
| 20083 | Wheat flour, white, bread, enriched | 137.0 | 1.0 cup | 0.316 |
| 12013 | Seeds, lotus seeds, dried | 32.0 | 1.0 cup | 0.315 |
| 11381 | Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added | 210.0 | 1.0 cup | 0.309 |
| 11177 | Corn, sweet, yellow, canned, drained solids, rinsed with tap water | 150.0 | 1.0 cup drained, rinsed | 0.307 |
| 11893 | Turnip greens and turnips, frozen, cooked, boiled, drained, with salt | 163.0 | 1.0 cup | 0.305 |
| 11459 | Spinach, canned, regular pack, solids and liquids | 234.0 | 1.0 cup | 0.302 |
| 19702 | Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt | 85.0 | 1.0 package (3 oz) | 0.301 |
| 05020 | Chicken, broilers or fryers, giblets, raw | 23.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.300 |
| 01127 | Egg, yolk, raw, frozen, sugared, pasteurized | 28.35 | 1.0 oz | 0.293 |
| 11302 | Peas, edible-podded, frozen, unprepared | 144.0 | 1.0 cup | 0.291 |
| 07937 | Bologna, pork, turkey and beef | 28.35 | 1.0 oz | 0.290 |
| 11093 | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 184.0 | 1.0 cup | 0.287 |
| 20481 | Wheat flour, white, all-purpose, unenriched | 125.0 | 1.0 cup | 0.285 |
| 20381 | Wheat flour, white, all-purpose, enriched, calcium-fortified | 125.0 | 1.0 cup | 0.285 |
| 11191 | Cowpeas (blackeyes), immature seeds, raw | 145.0 | 1.0 cup | 0.281 |
| 20320 | Cornmeal, whole-grain, white | 122.0 | 1.0 cup | 0.278 |
| 18953 | Bread, salvadoran sweet cheese (quesadilla salvadorena) | 55.0 | 1.0 serving (approximate serving size) | 0.275 |
| 20143 | Teff, cooked | 252.0 | 1.0 cup | 0.275 |
| 20093 | Pasta, fresh-refrigerated, plain, as purchased | 128.0 | 4.5 oz | 0.274 |
| 11378 | Potatoes, mashed, dehydrated, flakes without milk, dry form | 60.0 | 1.0 cup | 0.274 |
| 20420 | Pasta, dry, unenriched | 91.0 | 1.0 cup spaghetti | 0.271 |

| NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--------|--|-----------|--------------------------------|--------------------------|
| 20120 | Pasta, dry, enriched | 91.0 | 1.0 cup spaghetti | 0.271 |
| 01124 | Egg, white, raw, fresh | 33.0 | 1.0 large | 0.266 |
| 06009 | Soup, beef noodle, canned, condensed | 125.0 | 0.5 cup | 0.261 |
| 07014 | Braunschweiger (a liver sausage), pork | 28.35 | 1.0 oz | 0.258 |
| 18010 | Biscuits, plain or buttermilk, dry mix | 120.0 | 1.0 cup, purchased | 0.256 |
| 18101 | Cake, chocolate, prepared from recipe without frosting | 95.0 | 1.0 piece (1/12 of 9" dia) | 0.255 |
| 11179 | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt | 165.0 | 1.0 cup | 0.252 |
| 11019 | Asparagus, frozen, cooked, boiled, drained, without salt | 180.0 | 1.0 cup | 0.252 |
| 07971 | Bologna, meat and poultry | 33.0 | 1.0 slice | 0.251 |
| 20317 | Corn flour, yellow, masa, enriched | 114.0 | 1.0 cup | 0.250 |
| 01031 | Cheese, neufchatel | 28.35 | 1.0 oz | 0.248 |
| 11015 | Asparagus, canned, drained solids | 242.0 | 1.0 cup | 0.244 |
| 11383 | Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added | 210.0 | 1.0 cup | 0.244 |
| 20112 | Noodles, egg, spinach, enriched, cooked | 160.0 | 1.0 cup | 0.242 |
| 01095 | Milk, canned, condensed, sweetened | 38.2 | 1.0 fl oz | 0.240 |
| 18947 | Pie crust, deep dish, frozen, baked, made with enriched flour | 202.0 | 1.0 pie crust (average weight) | 0.226 |
| 20105 | Macaroni, vegetable, enriched, dry | 84.0 | 1.0 cup spiral shaped | 0.226 |
| 12737 | Nuts, mixed nuts, oil roasted, with peanuts, lightly salted | 28.35 | 1.0 oz | 0.222 |
| 11092 | Broccoli, frozen, chopped, unprepared | 156.0 | 1.0 cup | 0.220 |
| 17270 | Veal, breast, separable fat, cooked | 28.35 | 1.0 oz | 0.220 |
| 20410 | Noodles, egg, unenriched, cooked, without added salt | 160.0 | 1.0 cup | 0.219 |
| 07967 | Pork sausage, link/patty, fully cooked, unheated | 23.0 | 1.0 link | 0.217 |
| 11176 | Corn, sweet, yellow, canned, vacuum pack, regular pack | 210.0 | 1.0 cup | 0.214 |
| 20648 | Sorghum flour, whole-grain | 121.0 | 1.0 cup | 0.211 |
| 11170 | Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids | 256.0 | 1.0 cup | 0.210 |
| 12097 | Nuts, chestnuts, european, raw, unpeeled | 145.0 | 1.0 cup | 0.207 |
| 01052 | Cream, fluid, light whipping | 120.0 | 1.0 cup, whipped | 0.206 |
| 11026 | Bamboo shoots, raw | 151.0 | 1.0 cup (1/2" slices) | 0.202 |
| 11300 | Peas, edible-podded, raw | 98.0 | 1.0 cup, chopped | 0.198 |
| 19031 | Snacks, oriental mix, rice-based | 28.35 | 1.0 oz | 0.193 |
| 01097 | Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D | 31.9 | 1.0 fl oz | 0.191 |
| 18088 | Cake, angelfood, dry mix, prepared | 50.0 | 1.0 piece (1/12 of 10" dia) | 0.190 |
| 11379 | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added | 210.0 | 1.0 cup | 0.189 |
| 11892 | Turnip greens, frozen, cooked, boiled, drained, with salt | 82.0 | 0.5 cup | 0.179 |
| 11225 | Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt | 87.0 | 1.0 cup | 0.177 |
| 11200 | Yardlong bean, cooked, boiled, drained, without salt | 104.0 | 1.0 cup slices | 0.173 |

| NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--------|---|-----------|-------------------------------|--------------------------|
| 01096 | Milk, canned, evaporated, with added vitamin D and without added vitamin A | 31.5 | 1.0 fl oz | 0.170 |
| 01070 | Dessert topping, powdered | 43.0 | 1.5 oz | 0.169 |
| 18146 | Cake, yellow, prepared from recipe without frosting | 68.0 | 1.0 piece (1/12 of 8" dia) | 0.167 |
| 18023 | Bread, combread, dry mix, prepared with 2% milk, 80% margarine, and eggs | 51.0 | 1.0 muffin | 0.165 |
| 01071 | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk | 80.0 | 1.0 cup | 0.163 |
| 20409 | Noodles, egg, dry, unenriched | 38.0 | 1.0 cup | 0.163 |
| 06017 | Soup, chicken gumbo, canned, condensed | 126.0 | 0.5 cup (4 fl oz) | 0.163 |
| 09214 | Orange juice, frozen concentrate, unsweetened, undiluted | 262.0 | 1.0 cup | 0.162 |
| 20451 | Rice, white, medium-grain, cooked, unenriched | 186.0 | 1.0 cup | 0.160 |
| 11117 | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 170.0 | 1.0 cup, shredded | 0.158 |
| 11754 | Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt | 170.0 | 1.0 cup, shredded | 0.158 |
| 09245 | Peaches, dehydrated (low-moisture), sulfured, stewed | 242.0 | 1.0 cup | 0.157 |
| 17284 | Lamb, Australian, imported, fresh, separable fat, raw | 28.35 | 1.0 oz | 0.157 |
| 05674 | Chicken, skin (drumsticks and thighs), raw | 28.35 | 1.0 oz | 0.155 |
| 20545 | Rice, white, long-grain, regular, cooked, unenriched, with salt | 158.0 | 1.0 cup | 0.153 |
| 11044 | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt | 124.0 | 1.0 cup | 0.153 |
| 01054 | Cream, whipped, cream topping, pressurized | 60.0 | 1.0 cup | 0.152 |
| 18927 | Crackers, cheese, sandwich-type with cheese filling | 39.0 | 6.0 cracker 1 cracker = 6.5g | 0.151 |
| 11232 | Jute, potherb, cooked, boiled, drained, without salt | 87.0 | 1.0 cup | 0.151 |
| 08147 | Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit | 47.0 | 2.0 biscuits (1 NLEA serving) | 0.150 |
| 11235 | Kale, frozen, unprepared | 94.0 | 0.333 package (10 oz) | 0.149 |
| 01053 | Cream, fluid, heavy whipping | 120.0 | 1.0 cup, whipped | 0.149 |
| 11553 | Tomato products, canned, sauce, with onions | 245.0 | 1.0 cup | 0.145 |
| 11004 | Amaranth leaves, cooked, boiled, drained, without salt | 132.0 | 1.0 cup | 0.144 |
| 19913 | Candies, NESTLE, BUTTERFINGER Crisp | 60.0 | 1.0 piece | 0.143 |
| 18940 | Muffin, blueberry, commercially prepared, low-fat | 71.0 | 1.0 muffin small | 0.143 |
| 11474 | Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt | 192.0 | 1.0 cup slices | 0.136 |
| 11098 | Brussels sprouts, raw | 88.0 | 1.0 cup | 0.136 |
| 20117 | Noodles, japanese, somen, cooked | 176.0 | 1.0 cup | 0.136 |
| 19412 | Snacks, potato chips, made from dried potatoes, cheese-flavor | 28.35 | 1.0 oz | 0.135 |
| 11243 | Mushrooms, portabella, grilled | 121.0 | 1.0 cup sliced | 0.133 |
| 11574 | Turnip greens, frozen, unprepared | 82.0 | 0.5 cup, chopped or diced | 0.132 |
| 18041 | Bread, pita, white, enriched | 60.0 | 1.0 pita, large (6-1/2" dia) | 0.131 |
| 11869 | Squash, winter, hubbard, cooked, boiled, mashed, with salt | 236.0 | 1.0 cup, mashed | 0.130 |
| 11491 | Squash, winter, hubbard, cooked, boiled, mashed, without salt | 236.0 | 1.0 cup, mashed | 0.130 |
| 11481 | Squash, summer, zucchini, italian style, canned | 227.0 | 1.0 cup | 0.129 |

| NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--------|---|-----------|-----------------------------------|--------------------------|
| 11124 | Carrots, raw | 128.0 | 1.0 cup chopped | 0.129 |
| 20106 | Macaroni, vegetable, enriched, cooked | 134.0 | 1.0 cup spiral shaped | 0.125 |
| 20116 | Noodles, japanese, somen, dry | 57.0 | 2.0 oz | 0.124 |
| 12109 | Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged | 85.0 | 1.0 cup | 0.124 |
| 11647 | Sweet potato, canned, syrup pack, drained solids | 196.0 | 1.0 cup | 0.123 |
| 11888 | Tomato products, canned, puree, with salt added | 250.0 | 1.0 cup | 0.122 |
| 18245 | Danish pastry, cheese | 28.35 | 1.0 oz | 0.122 |
| 11163 | Collards, frozen, chopped, unprepared | 95.0 | 0.33 package (10 oz) | 0.122 |
| 19008 | Snacks, corn-based, extruded, puffs or twists, cheese-flavor | 28.35 | 1.0 oz, crunchy (about 21 pieces) | 0.120 |
| 11547 | Tomato products, canned, puree, without salt added | 250.0 | 1.0 cup | 0.120 |
| 18014 | Biscuits, plain or buttermilk, refrigerated dough, higher fat | 58.0 | 1.0 biscuit | 0.119 |
| 08100 | Cereals, CREAM OF RICE, dry | 45.0 | 0.25 cup (1 NLEA serving) | 0.119 |
| 01130 | Egg, whole, cooked, omelet | 15.0 | 1.0 tbsp | 0.115 |
| 11105 | Burdock root, cooked, boiled, drained, without salt | 125.0 | 1.0 cup (1" pieces) | 0.115 |
| 08107 | Cereals, CREAM OF WHEAT, instant, prepared with water, without salt | 241.0 | 1.0 cup | 0.113 |
| 21415 | POPEYES, biscuit | 60.0 | 1.0 biscuit | 0.113 |
| 11868 | Squash, winter, hubbard, baked, with salt | 205.0 | 1.0 cup, cubes | 0.113 |
| 09205 | Oranges, raw, with peel | 170.0 | 1.0 cup | 0.112 |
| 09148 | Kiwifruit, green, raw | 180.0 | 1.0 cup, sliced | 0.110 |
| 20134 | Rice noodles, cooked | 176.0 | 1.0 cup | 0.109 |
| 09176 | Mangos, raw | 165.0 | 1.0 cup pieces | 0.109 |
| 18295 | Pancakes, buckwheat, dry mix, incomplete | 28.35 | 1.0 oz | 0.108 |
| 11488 | Squash, winter, butternut, frozen, cooked, boiled, without salt | 240.0 | 1.0 cup, mashed | 0.108 |
| 18185 | Cookies, peanut butter, commercially prepared, regular | 28.35 | 1.0 oz | 0.108 |
| 11569 | Turnip greens, cooked, boiled, drained, without salt | 144.0 | 1.0 cup, chopped | 0.107 |
| 18147 | Cheesecake commercially prepared | 28.35 | 1.0 oz | 0.105 |
| 18043 | Bread, protein (includes gluten) | 28.35 | 1.0 oz | 0.105 |
| 18241 | Croissants, cheese | 28.35 | 1.0 oz | 0.105 |
| 19021 | Snacks, granola bars, soft, uncoated, peanut butter | 28.0 | 1.0 bar (1 oz) | 0.105 |
| 18385 | Bread, wheat germ, toasted | 28.35 | 1.0 oz | 0.104 |
| 18201 | Cookies, peanut butter sandwich, special dietary | 28.35 | 1.0 oz | 0.104 |
| 11013 | Asparagus, canned, regular pack, solids and liquids | 122.0 | 0.5 cup | 0.104 |
| 18963 | Garlic bread, frozen | 43.0 | 1.0 slice presliced | 0.104 |
| 11128 | Carrots, canned, regular pack, drained solids | 146.0 | 1.0 cup, sliced | 0.102 |
| 18086 | Cake, angelfood, commercially prepared | 28.0 | 1.0 piece (1/12 of 12 oz cake) | 0.102 |
| 11012 | Asparagus, cooked, boiled, drained | 90.0 | 0.5 cup | 0.102 |

| NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--------|---|-----------|-------------------------------------|--------------------------|
| 09060 | Carambola, (starfruit), raw | 132.0 | 1.0 cup, cubes | 0.102 |
| 18057 | Bread, reduced-calorie, white | 28.35 | 1.0 oz | 0.101 |
| 11965 | Cauliflower, green, raw | 64.0 | 1.0 cup | 0.101 |
| 18190 | Cookies, peanut butter sandwich, regular | 28.35 | 1.0 oz | 0.100 |
| 12695 | Nuts, almond butter, plain, with salt added | 16.0 | 1.0 tbsp | 0.098 |
| 11061 | Beans, snap, green, frozen, cooked, boiled, drained without salt | 135.0 | 1.0 cup | 0.097 |
| 11259 | Mountain yam, hawaii, cooked, steamed, without salt | 145.0 | 1.0 cup, cubes | 0.097 |
| 18224 | Crackers, rusk toast | 14.2 | 0.5 oz | 0.097 |
| 11875 | Sweet potato, cooked, baked in skin, flesh, with salt | 114.0 | 1.0 medium (2" dia, 5" long, raw) | 0.096 |
| 09027 | Apricots, canned, heavy syrup pack, with skin, solids and liquids | 258.0 | 1.0 cup, halves | 0.095 |
| 09201 | Oranges, raw, California, valencias | 180.0 | 1.0 cup sections, without membranes | 0.095 |
| 11567 | Turnips, frozen, cooked, boiled, drained, without salt | 156.0 | 1.0 cup | 0.095 |
| 18239 | Croissants, butter | 28.35 | 1.0 oz | 0.093 |
| 08164 | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt | 233.0 | 1.0 cup | 0.093 |
| 18030 | Bread, french or vienna, toasted (includes sourdough) | 28.35 | 1.0 oz | 0.093 |
| 11559 | Tomato products, canned, sauce, with tomato tidbits | 244.0 | 1.0 cup | 0.093 |
| 08168 | Cereals, CREAM OF RICE, cooked with water, with salt | 244.0 | 1.0 cup | 0.090 |
| 18240 | Croissants, apple | 28.35 | 1.0 oz | 0.090 |
| 18081 | Bread stuffing, bread, dry mix | 28.35 | 1.0 oz | 0.090 |
| 19424 | Snacks, tortilla chips, nacho-flavor, reduced fat | 28.35 | 1.0 oz | 0.090 |
| 11533 | Tomatoes, red, ripe, canned, stewed | 255.0 | 1.0 cup | 0.089 |
| 09277 | Plantains, raw | 148.0 | 1.0 cup, sliced | 0.089 |
| 19050 | Snacks, pretzels, hard, whole-wheat including both salted and unsalted | 28.35 | 1.0 oz | 0.087 |
| 12108 | Nuts, coconut meat, dried (desiccated), not sweetened | 28.35 | 1.0 oz | 0.086 |
| 11873 | Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt | 98.0 | 1.0 cup, chopped | 0.085 |
| 08091 | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt | 257.0 | 1.0 cup | 0.085 |
| 08161 | Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt | 257.0 | 1.0 cup | 0.085 |
| 18037 | Bread, oat bran | 28.35 | 1.0 oz | 0.084 |
| 18133 | Cake, sponge, commercially prepared | 28.35 | 1.0 oz | 0.084 |
| 18024 | Bread, cornbread, prepared from recipe, made with low fat (2%) milk | 28.35 | 1.0 oz | 0.084 |
| 18244 | Danish pastry, cinnamon, enriched | 28.35 | 1.0 oz | 0.084 |
| 18040 | Bread, oatmeal, toasted | 28.35 | 1.0 oz | 0.083 |
| 11406 | Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased | 65.0 | 10.0 strips | 0.083 |
| 18954 | Bread, pound cake type, pan de torta salvadoran | 55.0 | 1.0 serving | 0.082 |
| 18260 | English muffins, mixed-grain (includes granola) | 28.35 | 1.0 oz | 0.082 |
| 01017 | Cheese, cream | 14.5 | 1.0 tbsp | 0.082 |

| NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--------|--|-----------|-----------------------------|--------------------------|
| 09260 | Pears, dried, sulfured, stewed, without added sugar | 255.0 | 1.0 cup, halves | 0.082 |
| 09059 | Breadfruit, raw | 220.0 | 1.0 cup | 0.081 |
| 11833 | Potatoes, boiled, cooked without skin, flesh, with salt | 78.0 | 0.5 cup | 0.081 |
| 11367 | Potatoes, boiled, cooked without skin, flesh, without salt | 78.0 | 0.5 cup | 0.081 |
| 18183 | Cookies, oatmeal, refrigerated dough, baked | 28.35 | 1.0 oz | 0.081 |
| 11352 | Potatoes, flesh and skin, raw | 75.0 | 0.5 cup, diced | 0.080 |
| 18154 | Cookies, brownies, prepared from recipe | 28.35 | 1.0 oz | 0.080 |
| 18157 | Cookies, chocolate wafers | 28.35 | 1.0 oz | 0.080 |
| 11096 | Broccoli raab, raw | 40.0 | 1.0 cup chopped | 0.079 |
| 11080 | Beets, raw | 136.0 | 1.0 cup | 0.079 |
| 18084 | Bread stuffing, cornbread, dry mix | 28.35 | 1.0 oz | 0.079 |
| 11758 | Carrots, canned, no salt added, solids and liquids | 123.0 | 0.5 cup slices | 0.079 |
| 09164 | Litchis, raw | 190.0 | 1.0 cup | 0.078 |
| 18158 | Cookies, chocolate chip, commercially prepared, regular, lower fat | 34.0 | 1.0 serving 3 cookies | 0.076 |
| 11557 | Tomato products, canned, sauce, with onions, green peppers, and celery | 250.0 | 1.0 cup | 0.075 |
| 18007 | Bagels, oat bran | 26.0 | 1.0 mini bagel (2-1/2" dia) | 0.075 |
| 11428 | Purslane, cooked, boiled, drained, without salt | 115.0 | 1.0 cup | 0.075 |
| 06410 | Soup, cream of celery, canned, prepared with equal volume water | 248.0 | 1.0 cup | 0.074 |
| 09278 | Plantains, cooked | 200.0 | 1.0 cup, mashed | 0.074 |
| 18051 | Bread, reduced-calorie, oatmeal | 28.35 | 1.0 oz | 0.073 |
| 11578 | Vegetable juice cocktail, canned | 253.0 | 1.0 cup | 0.073 |
| 18182 | Cookies, oatmeal, refrigerated dough | 28.35 | 1.0 oz | 0.073 |
| 18184 | Cookies, oatmeal, prepared from recipe, with raisins | 28.35 | 1.0 oz | 0.073 |
| 18204 | Cookies, sugar, commercially prepared, regular (includes vanilla) | 28.35 | 1.0 oz | 0.073 |
| 09033 | Apricots, dried, sulfured, stewed, without added sugar | 250.0 | 1.0 cup, halves | 0.072 |
| 18970 | Tortillas, ready-to-bake or -fry, flour, shelf stable | 49.0 | 1.0 tortilla | 0.072 |
| 11290 | Onions, frozen, whole, cooked, boiled, drained, without salt | 210.0 | 1.0 cup | 0.071 |
| 11082 | Beets, canned, regular pack, solids and liquids | 246.0 | 1.0 cup | 0.071 |
| 19058 | Snacks, tortilla chips, ranch-flavor | 28.35 | 1.0 oz | 0.070 |
| 18112 | Cake, pudding-type, german chocolate, dry mix | 43.0 | 1.0 serving | 0.070 |
| 18070 | Bread, white, commercially prepared, toasted | 28.35 | 1.0 oz | 0.069 |
| 18025 | Bread, cracked-wheat | 28.35 | 1.0 oz | 0.069 |
| 01110 | Milk shakes, thick chocolate | 28.4 | 1.0 fl oz | 0.069 |
| 19007 | Snacks, corn-based, extruded, onion-flavor | 28.35 | 1.0 oz | 0.068 |
| 11486 | Squash, winter, butternut, cooked, baked, without salt | 205.0 | 1.0 cup, cubes | 0.068 |
| 11531 | Tomatoes, red, ripe, canned, packed in tomato juice | 240.0 | 1.0 cup | 0.067 |

| NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--------|---|-----------|---------------------------------|--------------------------|
| 18178 | Cookies, oatmeal, commercially prepared, regular | 28.35 | 1.0 oz | 0.067 |
| 18002 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted | 24.0 | 1.0 mini bagel (2-1/2" dia) | 0.067 |
| 18066 | Bread, wheat bran | 28.35 | 1.0 oz | 0.067 |
| 12114 | Nuts, coconut meat, dried (desiccated), toasted | 28.35 | 1.0 oz | 0.066 |
| 18060 | Bread, rye | 28.35 | 1.0 oz | 0.066 |
| 18163 | Cookies, chocolate chip, refrigerated dough | 33.0 | 1.0 serving | 0.066 |
| 18304 | Pie, banana cream, prepared from recipe | 28.35 | 1.0 oz | 0.066 |
| 18108 | Coffeecake, cinnamon with crumb topping, dry mix, prepared | 28.35 | 1.0 oz | 0.065 |
| 11280 | Okra, frozen, unprepared | 95.0 | 0.33 package (10 oz) | 0.065 |
| 18232 | Crackers, wheat, regular | 34.0 | 16.0 crackers 1 serving | 0.065 |
| 11886 | Tomato juice, canned, without salt added | 243.0 | 1.0 cup | 0.063 |
| 11478 | Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt | 180.0 | 1.0 cup, sliced | 0.063 |
| 11282 | Onions, raw | 160.0 | 1.0 cup, chopped | 0.062 |
| 09218 | Tangerines, (mandarin oranges), raw | 195.0 | 1.0 cup, sections | 0.062 |
| 18032 | Bread, irish soda, prepared from recipe | 28.35 | 1.0 oz | 0.062 |
| 18234 | Crackers, wheat, sandwich, with peanut butter filling | 14.2 | 0.5 oz | 0.062 |
| 11484 | Squash, winter, acorn, cooked, boiled, mashed, without salt | 245.0 | 1.0 cup, mashed | 0.061 |
| 11865 | Squash, winter, acorn, cooked, boiled, mashed, with salt | 245.0 | 1.0 cup, mashed | 0.061 |
| 11281 | Okra, frozen, cooked, boiled, drained, without salt | 92.0 | 0.5 cup slices | 0.061 |
| 18214 | Crackers, cheese, regular | 14.2 | 0.5 oz | 0.059 |
| 18186 | Cookies, peanut butter, commercially prepared, soft-type | 28.35 | 1.0 oz | 0.057 |
| 18944 | Pie, Dutch Apple, Commercially Prepared | 131.0 | 0.125 pie 1 pie (1/8 of 9" pie) | 0.056 |
| 19010 | Snacks, crisped rice bar, chocolate chip | 28.0 | 1.0 bar (1 oz) | 0.056 |
| 18126 | Cake, shortcake, biscuit-type, prepared from recipe | 28.35 | 1.0 oz | 0.056 |
| 09263 | Persimmons, japanese, raw | 168.0 | 1.0 fruit (2-1/2" dia) | 0.055 |
| 01072 | Dessert topping, pressurized | 70.0 | 1.0 cup | 0.055 |
| 18177 | Cookies, molasses | 28.35 | 1.0 oz | 0.055 |
| 18199 | Cookies, chocolate sandwich, with creme filling, special dietary | 28.35 | 1.0 oz | 0.055 |
| 11119 | Cabbage, chinese (pe-tsai), raw | 76.0 | 1.0 cup, shredded | 0.054 |
| 18200 | Cookies, oatmeal, commercially prepared, special dietary | 28.35 | 1.0 oz | 0.052 |
| 11457 | Spinach, raw | 30.0 | 1.0 cup | 0.052 |
| 11247 | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt | 124.0 | 1.0 leek | 0.052 |
| 18236 | Cracker meal | 28.35 | 1.0 oz | 0.051 |
| 18193 | Cookies, shortbread, commercially prepared, pecan | 28.35 | 1.0 oz | 0.050 |
| 09210 | Orange juice, chilled, includes from concentrate, with added calcium and vitamin D | 249.0 | 1.0 cup | 0.050 |
| 09211 | Orange juice, chilled, includes from concentrate, with added calcium | 249.0 | 1.0 cup | 0.050 |

| NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--------|---|-----------|------------------------------|--------------------------|
| 18233 | Crackers, wheat, sandwich, with cheese filling | 14.2 | 0.5 oz | 0.049 |
| 18243 | Croutons, seasoned | 14.2 | 0.5 oz | 0.049 |
| 11294 | Onions, sweet, raw | 148.0 | 1.0 NLEA serving | 0.049 |
| 18231 | Crackers, standard snack-type, sandwich, with peanut butter filling | 14.2 | 0.5 oz | 0.048 |
| 11144 | Celery, cooked, boiled, drained, without salt | 150.0 | 1.0 cup, diced | 0.048 |
| 18221 | Crackers, melba toast, rye (includes pumpernickel) | 14.2 | 0.5 oz | 0.048 |
| 18105 | Coffeecake, creme-filled with chocolate frosting | 28.35 | 1.0 oz | 0.048 |
| 18009 | Biscuits, plain or buttermilk, frozen, baked | 28.35 | 1.0 oz | 0.047 |
| 18128 | Cake, snack cakes, creme-filled, sponge | 28.35 | 1.0 oz | 0.046 |
| 12095 | Nuts, chestnuts, chinese, boiled and steamed | 28.35 | 1.0 oz | 0.044 |
| 18210 | Cookies, vanilla sandwich with creme filling | 28.35 | 1.0 oz | 0.044 |
| 09070 | Cherries, sweet, raw | 138.0 | 1.0 cup, with pits, yields | 0.044 |
| 09112 | Grapefruit, raw, pink and red, all areas | 230.0 | 1.0 cup sections, with juice | 0.044 |
| 09120 | Grapefruit, sections, canned, juice pack, solids and liquids | 249.0 | 1.0 cup | 0.042 |
| 18095 | Cake, cherry fudge with chocolate frosting | 28.35 | 1.0 oz | 0.042 |
| 18230 | Crackers, standard snack-type, sandwich, with cheese filling | 14.2 | 0.5 oz | 0.042 |
| 01049 | Cream, fluid, half and half | 30.2 | 1.0 fl oz | 0.041 |
| 11289 | Onions, frozen, whole, unprepared | 95.0 | 0.33 package (10 oz) | 0.041 |
| 18017 | Biscuits, mixed grain, refrigerated dough | 28.35 | 1.0 oz | 0.041 |
| 18170 | Cookies, fig bars | 28.35 | 1.0 oz | 0.040 |
| 09090 | Figs, canned, water pack, solids and liquids | 248.0 | 1.0 cup | 0.040 |
| 18242 | Croutons, plain | 14.2 | 0.5 oz | 0.039 |
| 09242 | Peaches, canned, extra heavy syrup pack, solids and liquids | 262.0 | 1.0 cup, halves or slices | 0.039 |
| 09160 | Lime juice, raw | 242.0 | 1.0 cup | 0.039 |
| 01050 | Cream, fluid, light (coffee cream or table cream) | 30.0 | 1.0 fl oz | 0.039 |
| 11429 | Radishes, raw | 116.0 | 1.0 cup slices | 0.038 |
| 18209 | Cookies, sugar wafers with creme filling, regular | 36.0 | 3.0 cookies | 0.038 |
| 08156 | Cereals ready-to-eat, rice, puffed, fortified | 14.0 | 1.0 cup | 0.038 |
| 19052 | Snacks, rice cakes, brown rice, buckwheat | 9.0 | 1.0 cake | 0.037 |
| 02024 | Spices, mustard seed, ground | 2.0 | 1.0 tsp | 0.037 |
| 09118 | Grapefruit, raw, white, Florida | 230.0 | 1.0 cup sections, with juice | 0.037 |
| 06043 | Soup, cream of mushroom, canned, condensed | 126.0 | 0.5 cup | 0.037 |
| 09226 | Papayas, raw | 145.0 | 1.0 cup 1" pieces | 0.036 |
| 11287 | Onions, frozen, chopped, unprepared | 95.0 | 0.33 package (10 oz) | 0.036 |
| 21416 | POPEYES, Coleslaw | 120.0 | 1.0 package | 0.036 |
| 11258 | Mountain yam, hawaii, raw | 68.0 | 0.5 cup, cubes | 0.035 |

| NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--------|---|-----------|---------------------------|--------------------------|
| 09240 | Peaches, canned, light syrup pack, solids and liquids | 251.0 | 1.0 cup, halves or slices | 0.035 |
| 01055 | Cream, sour, reduced fat, cultured | 15.0 | 1.0 tbsp | 0.035 |
| 18319 | Pie, fried pies, fruit | 28.35 | 1.0 oz | 0.034 |
| 09119 | Grapefruit, sections, canned, water pack, solids and liquids | 244.0 | 1.0 cup | 0.034 |
| 09237 | Peaches, canned, water pack, solids and liquids | 244.0 | 1.0 cup, halves or slices | 0.034 |
| 18308 | Pie, cherry, commercially prepared | 28.35 | 1.0 oz | 0.034 |
| 14054 | Beverages, almond milk, chocolate, ready-to-drink | 240.0 | 8.0 fl oz | 0.034 |
| 01056 | Cream, sour, cultured | 12.0 | 1.0 tbsp | 0.033 |
| 08106 | Cereals, CREAM OF WHEAT, instant, dry | 11.5 | 1.0 tbsp | 0.031 |
| 01058 | Sour dressing, non-butterfat, cultured, filled cream-type | 12.0 | 1.0 tbsp | 0.031 |
| 18196 | Cookies, brownies, dry mix, sugar free | 28.35 | 1.0 oz | 0.031 |
| 18202 | Cookies, sugar wafer, with creme filling, sugar free | 28.35 | 1.0 oz | 0.030 |
| 18131 | Cake, white, dry mix, special dietary (includes lemon-flavored) | 28.35 | 1.0 oz | 0.030 |
| 09014 | Apples, frozen, unsweetened, unheated | 173.0 | 1.0 cup slices | 0.029 |
| 05047 | Chicken, broilers or fryers, separable fat, raw | 12.8 | 1.0 tbsp | 0.029 |
| 19414 | Snacks, rice cakes, brown rice, multigrain | 9.0 | 1.0 cake | 0.028 |
| 09020 | Applesauce, canned, sweetened, without salt (includes USDA commodity) | 246.0 | 1.0 cup | 0.027 |
| 09133 | Grapes, canned, thompson seedless, water pack, solids and liquids | 245.0 | 1.0 cup | 0.027 |
| 11130 | Carrots, frozen, unprepared | 64.0 | 0.5 cup slices | 0.027 |
| 19413 | Snacks, rice cakes, brown rice, corn | 9.0 | 1.0 cake | 0.026 |
| 18107 | Coffeecake, cinnamon with crumb topping, dry mix | 28.35 | 1.0 oz | 0.026 |
| 04028 | Salad dressing, mayonnaise, imitation, milk cream | 15.0 | 1.0 tablespoon | 0.025 |
| 11086 | Beet greens, raw | 38.0 | 1.0 cup | 0.024 |
| 18085 | Bread stuffing, cornbread, dry mix, prepared | 28.35 | 1.0 oz | 0.024 |
| 12115 | Nuts, coconut cream, raw (liquid expressed from grated meat) | 15.0 | 1.0 tbsp | 0.024 |
| 09252 | Pears, raw | 140.0 | 1.0 cup, slices | 0.024 |
| 02005 | Spices, caraway seed | 2.1 | 1.0 tsp | 0.022 |
| 11284 | Onions, dehydrated flakes | 5.0 | 1.0 tbsp | 0.021 |
| 04016 | Salad dressing, sesame seed dressing, regular | 15.0 | 1.0 tablespoon | 0.021 |
| 09089 | Figs, raw | 64.0 | 1.0 large (2-1/2" dia) | 0.019 |
| 11151 | Chicory, witloof, raw | 53.0 | 1.0 head | 0.019 |
| 18166 | Cookies, chocolate sandwich, with creme filling, regular | 36.0 | 3.0 cookie | 0.018 |
| 18305 | Pie, blueberry, commercially prepared | 28.35 | 1.0 oz | 0.018 |
| 09256 | Pears, canned, light syrup pack, solids and liquids | 251.0 | 1.0 cup, halves | 0.018 |
| 18229 | Crackers, standard snack-type, regular | 16.0 | 5.0 crackers | 0.016 |
| 09055 | Blueberries, frozen, sweetened | 230.0 | 1.0 cup, thawed | 0.016 |

| NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--------|--|-----------|----------------------------|--------------------------|
| 11213 | Endive, raw | 25.0 | 0.5 cup, chopped | 0.016 |
| 09004 | Apples, raw, without skin | 110.0 | 1.0 cup slices | 0.014 |
| 02015 | Spices, curry powder | 2.0 | 1.0 tsp | 0.014 |
| 09131 | Grapes, american type (slip skin), raw | 92.0 | 1.0 cup | 0.013 |
| 11218 | Gourd, white-flowered (calabash), raw | 58.0 | 0.5 cup (1" pieces) | 0.012 |
| 01068 | Cream substitute, liquid, with lauric acid oil and sodium caseinate | 15.0 | 1.0 container, individual | 0.012 |
| 02043 | Spices, turmeric, ground | 3.0 | 1.0 tsp | 0.011 |
| 04025 | Salad dressing, mayonnaise, regular | 13.8 | 1.0 tbsp | 0.010 |
| 04026 | Salad dressing, mayonnaise, soybean and safflower oil, with salt | 13.8 | 1.0 tablespoon | 0.010 |
| 12116 | Nuts, coconut cream, canned, sweetened | 19.0 | 1.0 tbsp | 0.010 |
| 18159 | Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched | 12.9 | 1.0 cookie | 0.009 |
| 04018 | Salad dressing, mayonnaise type, regular, with salt | 14.7 | 1.0 tbsp | 0.007 |
| 02010 | Spices, cinnamon, ground | 2.6 | 1.0 tsp | 0.006 |
| 04022 | Salad dressing, russian dressing, low calorie | 16.0 | 1.0 tablespoon | 0.005 |
| 11288 | Onions, frozen, chopped, cooked, boiled, drained, without salt | 15.0 | 1.0 tbsp chopped | 0.005 |
| 19710 | Puddings, vanilla, dry mix, regular, with added oil | 88.0 | 1.0 package (3.12 oz) | 0.005 |
| 02021 | Spices, ginger, ground | 1.8 | 1.0 tsp | 0.004 |
| 19709 | Puddings, tapioca, dry mix, with no added salt | 92.0 | 1.0 package (3.5 oz) | 0.004 |
| 01001 | Butter, salted | 5.0 | 1.0 pat (1" sq, 1/3" high) | 0.003 |
| 11634 | Peppers, sweet, green, freeze-dried | 0.4 | 1.0 tbsp | 0.003 |
| 09173 | Longans, dried | 1.7 | 1.0 fruit | 0.003 |
| 09193 | Olives, ripe, canned (small-extra large) | 8.4 | 1.0 tbsp | 0.003 |
| 02045 | Dill weed, fresh | 1.0 | 5.0 sprigs | 0.002 |
| 02042 | Spices, thyme, dried | 1.0 | 1.0 tsp, leaves | 0.002 |
| 11447 | Sesbania flower, raw | 3.0 | 1.0 flower | 0.002 |
| 14426 | Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate | 36.3 | 1.0 fl oz | 0.002 |
| 14218 | Beverages, coffee, instant, decaffeinated, powder | 1.8 | 1.0 tsp rounded | 0.002 |
| 11216 | Ginger root, raw | 2.0 | 1.0 tsp | 0.001 |
| 19706 | Puddings, banana, dry mix, regular, with added oil | 88.0 | 1.0 package (3.12 oz) | 0.001 |
| 19708 | Puddings, lemon, dry mix, regular, with added oil, potassium, sodium | 85.0 | 1.0 package (3 oz) | 0.001 |
| 04543 | Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed | 13.6 | 1.0 tablespoon | 0.000 |
| 04133 | Salad dressing, french, home recipe | 14.0 | 1.0 tablespoon | 0.000 |
| 04546 | Shortening bread, soybean (hydrogenated) and cottonseed | 12.8 | 1.0 tablespoon | 0.000 |
| 04501 | Oil, cocoa butter | 13.6 | 1.0 tablespoon | 0.000 |
| 04053 | Oil, olive, salad or cooking | 13.5 | 1.0 tablespoon | 0.000 |
| 04001 | Fat, beef tallow | 12.8 | 1.0 tbsp | 0.000 |

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| NDB_No | Description | Weight(g) | Measure | Lysine(g) Per Measure |
|--------|--|-----------|----------------|--------------------------|
| 14121 | Beverages, carbonated, club soda | 29.6 | 1.0 fl oz | 0.000 |
| 04510 | Oil, safflower, salad or cooking, linoleic, (over 70%) | 13.6 | 1.0 tbsp | 0.000 |
| 04058 | Oil, sesame, salad or cooking | 13.6 | 1.0 tablespoon | 0.000 |
| 04023 | Salad dressing, thousand island dressing, reduced fat | 15.0 | 1.0 tablespoon | 0.000 |
| 04027 | Salad dressing, mayonnaise, imitation, soybean | 15.0 | 1.0 tbsp | 0.000 |